1. Fill in the blanks using the following words: circulatory, muscular, digestive, respiratory
   When exercising, your ______________________ system helps you get oxygen from the air,
   and your ______________________ system helps move the oxygen throughout your body.

2. True or false: the body is made up of only four systems that all work together.
   ________________________________________________________________________________

3. Which body system includes the heart? ________________________________________________

4. Which body system includes the lungs? ________________________________________________

5. True or false: chewing your food is the first step of digestion. ____________________________

6. When Dr. Jeff pedals the bike, what three major body systems he is using?
   1. ___________________________________ 2. ___________________________________ 3. ___________________________________

7. Which body systems is your blood a part of? __________________________________________

8. Fill in the blanks using the words increases, decreases, or stays the same.
   When you exercise, your heart rate ______________________ and your breaths per minute
   ______________________.

9. Fill in the blanks using the words contract and relax.
   When you straighten your leg, the muscles on top of your leg ______________________ and the
   muscles on the bottom of your leg ____________________.

10. What does oxygen hitch a ride on to move from the lungs to the blood and eventually the heart?
    ________________________________________________________________________________