

Active in Nature



Lungs

- **Why do we feel short of breath after exercising?**

Our lungs help us breathe, and get oxygen into our body. When we exercise, our bodies need more oxygen, so our lungs work hard to breathe in as much as possible!



Heart

- **Why does your heart beat faster after exercising?**

All that oxygen you've been breathing in moves from your lungs into your bloodstream. Your heart does an amazing job pumping blood around your body, it's pumping faster so it can send blood (and oxygen!) around your body faster!



Muscles

- So, where is all that oxygen in our blood going? Our muscles!

- **Why do our muscles get tired when we exercise?**

Muscles use oxygen to create fuel for movement. But they can only work so fast! If they use up all this fuel, our muscles get tired until they have a chance to refuel.

