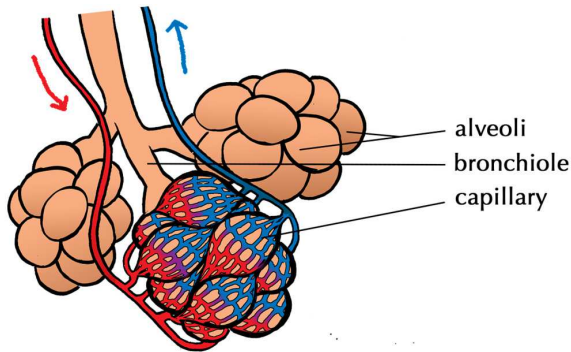
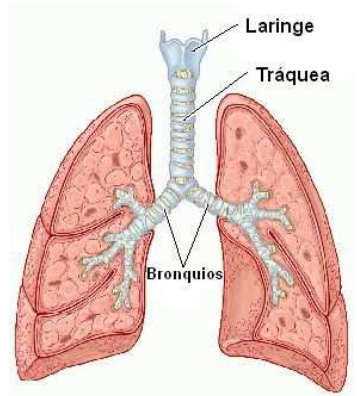


(one goes to the right lung and one goes to the left lung)
Each of these in turn split into bronchi, bronchioles, and alveoli (larger to smaller).

There are about 30,000 bronchioles in each of the lungs and about 600 million alveoli in the lungs. As you can imagine, they're tiny in size.

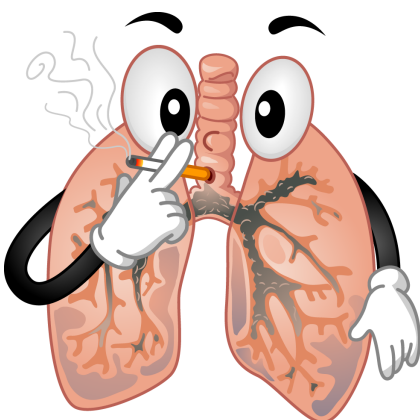


The exchange of the air breathed in and the air breathed out (oxygen and carbon dioxide) happens between the alveoli and blood capillaries

Without the oxygen needed for the human body, we could die. Every organ in your body needs oxygen to perform its functions. The movements of exhaling (breathing out) and inhaling (breathing in) are performed automatically, without thinking about it. They're involuntary movements.

You can easily feel when you breathe if you put your hands on your chest. You may notice your chest go up and down as you exhale and inhale.

Sometimes, when you run or climb stairs, you may feel like you run out of air. This is because breathing accelerates, and you need to inhale and exhale faster.



To keep your lungs healthy and strong, it's important to take care of them. For example, do not smoke, exercise regularly, avoid contaminated areas and enjoy long walks in parks or forests. That will help keep your lungs strong and healthy.