

The Circulatory System — Cheat Sheet

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THE CIRCULATORY SYSTEM

1. The heart is a muscle that pumps blood non-stop.
2. Blood collects oxygen in the lungs, delivers it around the body.
3. Arteries carry blood away; veins bring it back.
4. Exercise → heart and breathing speed up to deliver more oxygen.

Example: running → muscles need oxygen → heart beats faster.