Lungs

1.InHale

When you breathe in, or inhale, your diaphragm contracts and moves downward. This increases the space in your chest cavity, and your lungs expand into it. The muscles between your ribs also help enlarge the chest cavity.

2.Inside The Body

The air contract to pull your rib cage both upward and outward when you inhale. As your lungs expand, air is sucked in through your nose or mouth. The air travels down your windpipe and into your lungs.

3. Inside Lungs

Then the air goes into the bronchial tubes, After that the air travels to the alveoli, or air sacs.

Alveoli

- The **alveoli** are where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and breathing out. Oxygen breathed in from the air passes through the alveoli and into the blood and travels to the tissues throughout the body.

Exhaling

- **Exhaled** air is rich in **carbon dioxide**, a waste product of cellular respiration during the production of energy, which is stored as ATP. **Exhalation** has a complementary relationship to inhalation which together make up the respiratory cycle of a breath.
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Glossary

- The **diaphragm** is the primary muscle used in respiration, which is the process of breathing. This dome-shaped muscle is located just below the lungs and heart. It contracts continually as you breathe in and out.
- When a person breathes, air comes in through the nose or mouth and then goes into the trachea (windpipe). From there, it passes through the **bronchial tubes**, which are in the lungs. These **tubes** let air in and out of your lungs, so you can breathe. The **bronchial tubes** are sometimes referred to as **bronchi** or airways.