

1. First, the cell is born in the bone marrow
2. Next, the cell moves throughout the body in the veins
3. Next, the cell goes through the Heart
4. Next, the cell is pumped to the lungs where it picks up oxygen and drops off carbon dioxide
5. Next, the cell is pumped through the body and drops off oxygen and nutrients and picks up CO_2 and waste from the cells
6. Next, the cell gets carried back to the heart and the whole thing repeats.