

Your Muscles



Melvin and
Gilda Berger

 SCHOLASTIC



Your Muscles.





What



do



you



muscles



do?







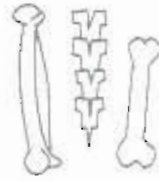
Muscles



pull



on



bones



to



make



your



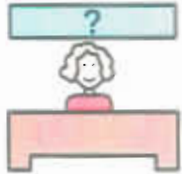
body



move.



Fun



information

100



Hundreds of muscles



help



you



take

1

one



step.



Fun Fact

You can get tired when
there's lots



Muscles



help



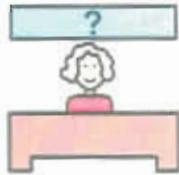
you



swim.



Fun



information.



Muscles

can



get



tired



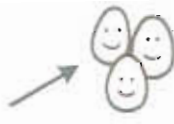
when



you



use



them



a lot.





Muscles



help



you



run.





Muscles



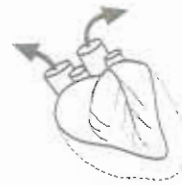
make



your



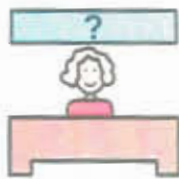
heart



pump.



Fun



information.



Your



heart

&

and



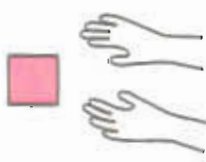
breathing



muscles



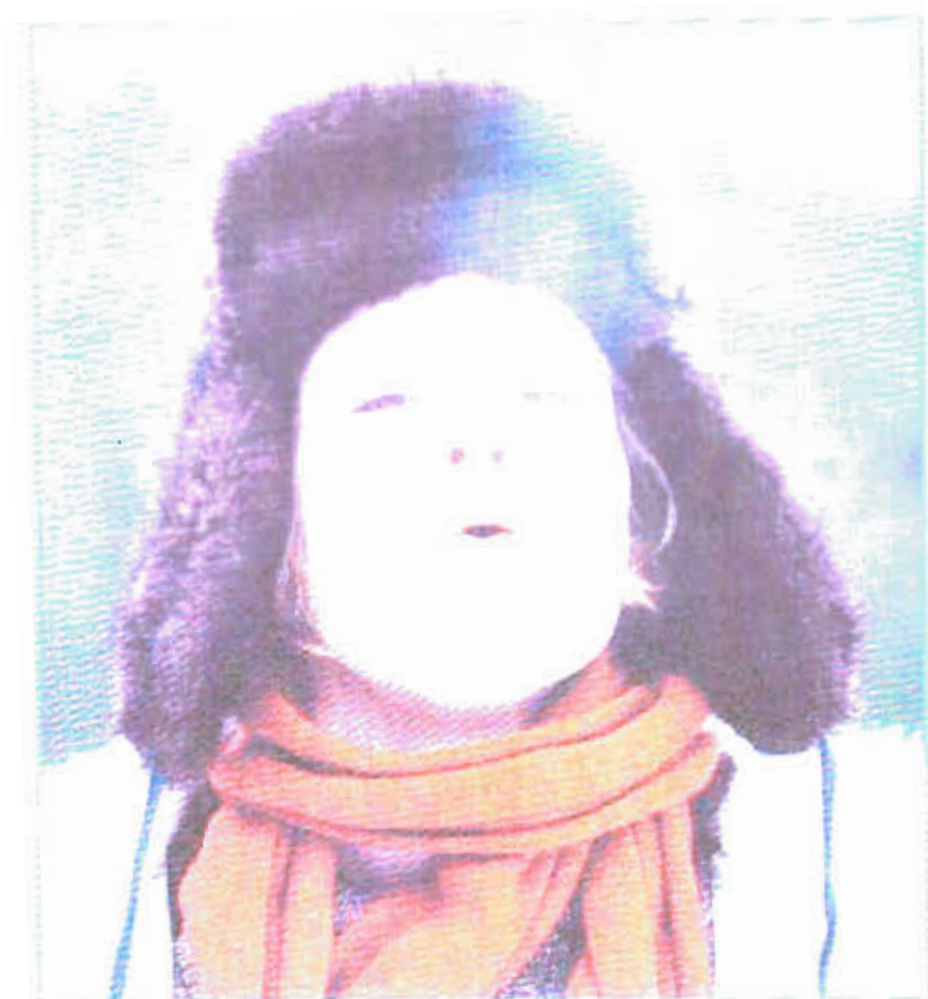
never



get



tired.





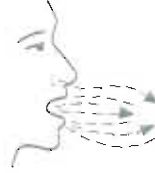
Muscles



help



you



breathe.





Muscles let you smile.

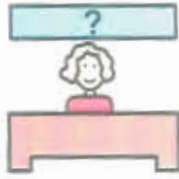


Fun Fact
Your facial muscles to
frown are 10 times more
powerful than to smile





Muscles let you frown.



Fun information,



You use more muscles to



frown than smile.





Muscles



help



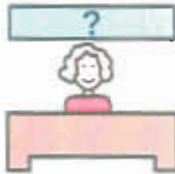
you



eat.



Fun



information.



Your



stomach



muscles



work



without



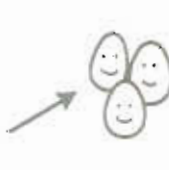
you



thinking



about



them.





Muscles



push



food



through



your



body.



Fun Fact

Exercise builds two types of muscle: aerobic and anaerobic.



Exercise



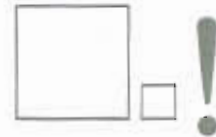
helps



muscles



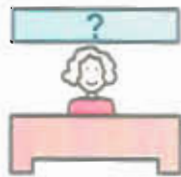
grow



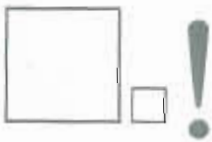
bigger.



Fun



information.



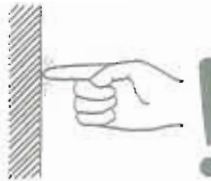
Bigger



muscles



pull



harder



and



work



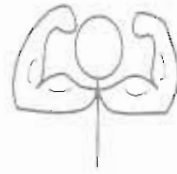
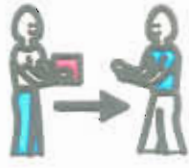
longer.





Exercise helps muscles grow stronger.





Exercise gives your muscles power.

Disclaimer

This Adapted Literature resource is available through the Sherlock Center Resource Library. The text and graphics are adapted from the original source. These resources are provided for teachers to help students with severe disabilities participate in the general curriculum. Please limit the use and distribution of these materials accordingly.

Paul V. Sherlock Center on Disabilities / RI College
600 Mt. Pleasant Avenue, Providence RI 02908
www.sherlockcenter.org