

LET'S LOOK AT BODY SYSTEMS!

MIA'S MIGHTY MUSCULAR SYSTEM



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Moving Muscles

“I made a basket!”
says Mia.

“Great job!” her mom
says. “Before we play
more, let’s do some
stretching exercises.”



“Why?” asks Mia.

“It helps our muscles warm up,”
Mia’s mom says.



“How do my muscles help me play basketball?” asks Mia.

“Your muscles move your body. They help you shoot and dribble. Your body has more than 600 muscles! Together, they make up your muscular system,” says Mia’s mom.





“It’s also important to stretch your muscles after exercise. Remember when you strained your calf muscle playing softball last summer?” Mia’s mom asks.

“Yeah, I had to miss some games. But ice and rest helped it heal,” says Mia.

“That’s right!” says Mia’s mom.





Where in the Body?

What are some of the muscular system's largest muscles called?
Take a look!

