

WHAT'S INSIDE ME?



My MUSCLES



By Rachel Rose

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THE INSIDE SCOOP

Your body is a super machine that keeps you moving, learning, and having fun. But how does it work? The secret is inside!

Pump me up
by learning all
about muscles!



When you run, eat, or even blink,
your muscles are hard at work.
Without your muscles, your body
would not be able to move. Let's
take a closer look.

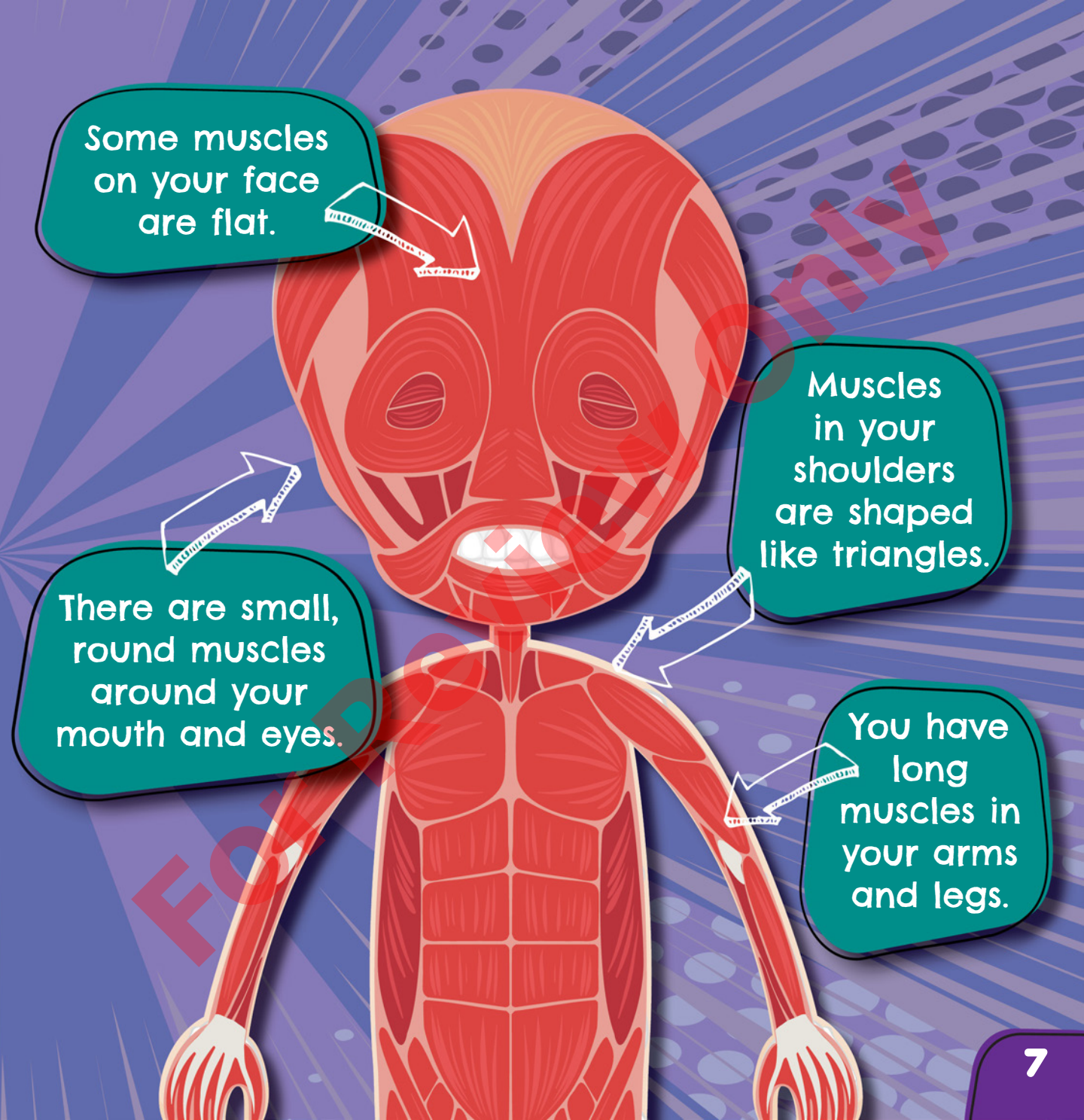


MANY MUSCLES

There are around 640 muscles in your body. They come in many different shapes and sizes.

When you sit,
you're using your
biggest muscle.
It's your bottom!





Some muscles
on your face
are flat.

Muscles
in your
shoulders
are shaped
like triangles.

There are small,
round muscles
around your
mouth and eyes.

You have
long
muscles in
your arms
and legs.

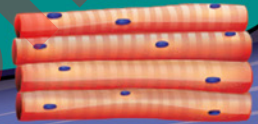
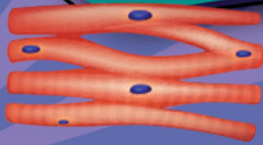
MOVIN' AND GROOVIN'

Muscles help your body move.
You have three kinds of muscles.



Your heart is made up of **cardiac** (KAHR-dee-ak) muscle.

Muscles that connect to bones are called **skeletal** (SKE-lit-uhl) muscles.



I go by many names!



Smooth muscles work on their own. You don't control them.

