



# Muscles ...

*We all have them, let's look after them!*



## Let's talk about muscles

Did you know humans have more than 600 muscles in the body? That's a lot of muscles to look after! The 600 muscles come under three categories; cardiac, smooth and skeletal muscle.

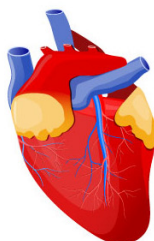
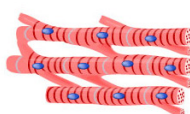
### Cardiac muscle ...

is your heart. The muscles in your heart pump blood around your body. You don't have control over your heart muscle meaning it pumps without you having to think about it. The healthier your heart muscle the better it adapts to changes in your activity levels.

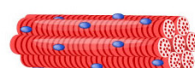
### Smooth muscle ...

is everywhere in your body and is another muscle that works without you thinking about it. A good example of smooth muscle is your stomach. Your stomach digests foods without you controlling it.

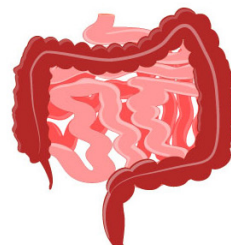
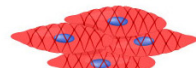
Cardiac muscle



Skeletal muscle



Smooth muscle



### Skeletal muscle ...

is the type of muscle most people think of when talking about muscles. These are the muscles attached to your bones. You have control over skeletal muscles which is why you can run, stand and put your hands in the air when you want to.

Muscles need to be exercised regularly and fuelled with food. If you don't look after your muscles, injuries can happen. If you don't use your muscles on a regular basis or provide them with the right food they can become weak. This is where the saying 'use it or lose it' comes from.

Have you ever wondered what muscles look like? Muscles are meat, so they look like the steak you might eat for dinner.

