

## MUSCULAR SYSTEM

1. \_\_\_\_\_ *The group of tough tissue that makes body parts move.*
2. \_\_\_\_\_ *means to shorten while to \_\_\_\_\_ means to stretch; by making these motions, muscles keep you moving.*
3. *The three kinds of muscle are:*
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. *The muscles in your digestive system and your blood vessels are \_\_\_\_\_ muscles.*
5. *The muscles that make your body move are the \_\_\_\_\_ muscles.*
6. *The muscle that makes your heart work is the \_\_\_\_\_ muscle.*
7. *Four ways to care for your muscles are:*
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
8. \_\_\_\_\_ *is the firmness that muscles have at all times.*
9. \_\_\_\_\_ *is a disease in which a skeletal muscle wastes away and is passed on from parent to child.*

