

Your Skeletal and Muscular Systems

How bones and muscles work?

Muscular and skeletal systems work together to support your body and move it.

Functions:

Support. Bones are like beams that support the building.

Protection. Skull protects your brain.

Movement. Muscles and bones move all your body.

Structure of skeletal system

Adults have 206 bones. Bones are hard but spongy inside.

Joints are the places where bones meet.

Connecting tissues are connecting bones and muscles.

Types of connecting tissues:

Cartilage- it covers ends of bones and supports nose and ears.

Ligament- is connecting bone to bone.

Tendon- is connecting the muscle to the bone.

Structure of muscular system

The body has over 600 muscles. There are three types of muscles:

Skeletal- are voluntary muscles because you can control them.

Cardiac- is the heart muscle.

Smooth- is involuntary muscles such as stomach and heart.

Keeping your bones and muscles healthy

Eat a healthy diet - Bones need calcium. Muscles need carbohydrates for energy and protein for growth.

Regular exercise - Bones and muscles need regular exercise.

Keeping straight posture - It helps joints to stay in place and muscles to stay in shape.

Rest between exercise - allow your muscles to recover and get re-energized.