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| **Question: How many muscles are in the human body?** | **Answer:**  **Over 650** |
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| **Question: What does**  **R.I.C.E. stand for?** | **Answer:**  **Rest, Ice,**  **Compression,**  **Elevation** |
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| **Question:**  **When a muscle “works,” does it push or pull?** | **Answer:**  **Pull, or contract** |

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| **Question:**  **What types of food helps build muscles?** | **Answer:**  **Protein … like meat, beans, dairy.** |
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| **Question: Do muscles work in pairs, or on their own?** | **Answer:**  **In pairs** |
|  |  |
| **Question:**  **What connects muscle to bone?** | **Answer:**  **Tendons** |

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| **Question:**  **What are the 3 types of muscles?** | **Answer:**  **Skeletal, Cardiac & Smooth** |
|  |  |
| **Question:**  **What exercise helps build strong abdominal muscles?** | **Answer:**  **Sit-ups/planks, crunches, etc.** |