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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.** |