

Muscles

Muscles have three important functions. They work with the skeletal and nervous systems to help move the body. They help to control body processes such as breathing, digestion, and blood flow. Muscles hold the skeleton together to give the body its build and general shape.

- Muscles are strong tissue made of long thin cells called muscle fibers.
- There are more than 600 muscles in the body that are arranged in layers over the skeleton. Muscles are attached to the bones of the skeleton or to other muscles by tendons.
- Muscles are either voluntary or involuntary. Voluntary muscles, together with the bones and tendons, control all forms of conscious movement as well as automatic reactions called reflexes. Involuntary muscles are responsible for the movement of internal organs in the body processes such as breathing, digestion, and heart rate.

Fun Facts

- There are about 650 muscles in your body. Over 50 of those muscles are in your face alone. It takes 17 muscles to smile and over 40 to frown.
- The strongest muscle in your body is the masseter, located on each side of your mouth. These muscles help you bite down with about 150 pounds of force.
- Some muscles in your body never get to rest. Your heart is a muscle that works all of the time, contracting about 70 times a minute. Another constantly working muscle is the smooth muscle in your digestive tract.
- Your most active muscles are those in your eyes. They move more than 100,000 times a day.