



My Amazing Muscles!



Did you know you have muscles all over your body?

You do! Your muscles help you move, play, smile, and even breathe!

Muscles work by tightening and relaxing to help different parts of your body move.

When you run, your muscles are working.

When you jump, your muscles are working.

When you smile, your muscles are working, too!

Some muscles work even when you aren't thinking about them. Your heart is a special muscle that keeps beating all day and all night!

You can help take care of your muscles by moving your body, eating healthy foods, drinking water, and getting plenty of sleep.

So stretch.

Run.

Jump.

Play.

And take good care of your amazing muscles!



MY AMAZING MUSCLES!



Keep your muscles healthy!



Move your body!



Eat healthy foods!



Drink water!



Get plenty of sleep!





My Amazing Muscles!

N H E A L T H Y L S K B
O O O E V P R V P S E S
S N T S J M H Z S N J F
T G K R L B F A A U G L
R V U D T E N B M A A E
O K O N H D E P J C A R
N X M L Q W F P X G E E
G H R Q E Z Y W Q R V T
F W Z V V W W A E P M A
Q X O A N F Z W L N S W
X M I B E Y U X W P Z F
V Z Q H S E L C S U M G

MUSCLES • MOVE • STRONG • PLAY •
JUMP • WATER • SLEEP • HEALTHY



My Amazing Muscles!

N	H	E	A	L	T	H	Y	L	S	K	B
O	O	O	E	V	P	R	V	P	S	E	S
S	N	T	S	J	M	H	Z	S	N	J	F
T	G	K	R	L	B	F	A	A	U	G	L
R	V	U	D	T	E	N	B	M	A	A	E
O	K	O	N	H	D	E	P	J	C	A	R
N	X	M	L	Q	W	F	P	X	G	E	E
G	H	R	Q	E	Z	Y	W	Q	R	V	T
F	W	Z	V	V	W	W	A	E	P	M	A
Q	X	O	A	N	F	Z	W	L	N	S	W
X	M	I	B	E	Y	U	X	W	P	Z	F
V	Z	Q	H	S	E	L	C	S	U	M	G

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What Did You Learn About Your Amazing Muscles?

1. What do your muscles help you do?

- A. Move and play
- B. Change the weather
- C. Turn into a dinosaur

2. How do muscles help your body move?

- A. They disappear
- B. They tighten and relax
- C. They fall asleep

3. When are your muscles working?

- A. When you run and jump
- B. Only on your birthday
- C. Only when you eat

4. Which special muscle keeps beating all day and all night?

- A. Your tongue
- B. Your heart
- C. Your nose

5. What is a good way to take care of your muscles?

- A. Stay awake all night
- B. Never go outside
- C. Move your body, eat healthy foods, and drink water



Check Your Work!

★ Answer Key

My Amazing Mouth

A — Move and play

B — They tighten and relax

A — When you run and jump

B — Your heart

C — Move your body, eat healthy food, and drink water

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing muscles.

Maybe it will be a picture of your favorite way to exercise.

Maybe it will be a picture of how you keep your muscles healthy. 💪

You can draw and color anything you want!