

Name \_\_\_\_\_

## Mighty Muscles: The Incredible World of Your Muscular System

### Short Answer

1. What are muscle fibers made of?
2. How do muscles get the energy they need to work?
3. Describe the role of the nervous system in muscle function.
4. Give an example of a type of exercise that can help keep muscles healthy.
5. What is the function of skeletal muscles besides movement?

