

Name \_\_\_\_\_

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

### Short Answer Key

1. Muscle fibers are made of long, thin cells called muscle fibers.
2. Muscles get the energy they need from a molecule called ATP, which is produced through the breakdown of nutrients from food.
3. The nervous system sends signals from the brain and spinal cord to the muscles, telling them when to contract and relax.
4. Examples of exercises that can help keep muscles healthy include running, swimming, and playing sports.
5. Besides movement, skeletal muscles also play a role in supporting the body and maintaining posture.

