Name _____

Cramp Combat: Understanding Muscle Cramps and Prevention

Short Answer

1. What are some causes of muscle cramps?

2. How can staying hydrated help prevent muscle cramps?

3. What is one way to improve circulation and prevent muscle cramps?

4. What should you do if you experience a muscle cramp during physical activity?

5. Name one food rich in electrolytes that can help prevent muscle cramps.

© ReadingDuck.com