

Name _____

Cramp Combat: Understanding Muscle Cramps and Prevention

Short Answer Key

1. Some causes of muscle cramps include overuse, dehydration, electrolyte imbalance, poor blood circulation, and muscle fatigue.
2. Staying hydrated helps prevent muscle cramps by keeping muscles properly hydrated and functioning.
3. One way to improve circulation and prevent muscle cramps is to take breaks to stretch and move around if sitting or standing for long periods.
4. If you experience a muscle cramp during physical activity, you should rest and stretch the cramped muscle.
5. One food rich in electrolytes that can help prevent muscle cramps is bananas.

