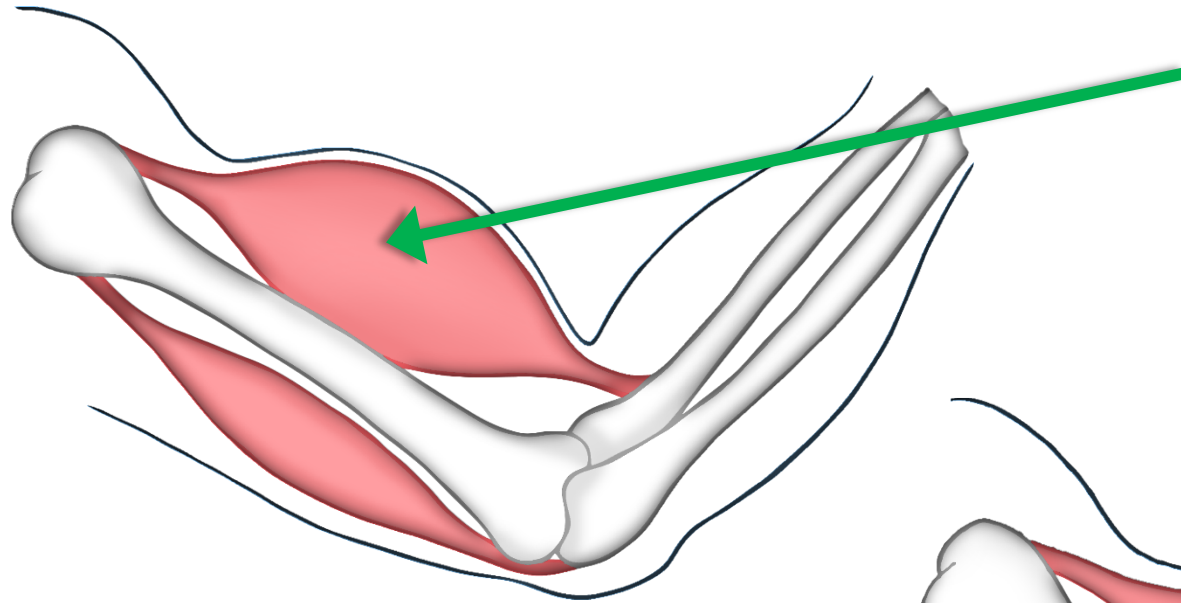


# Moving Muscles

- Your body has **hundreds** of muscles in it.
- Some of these muscles are attached to your skeleton and help you move your body around.
- Other muscles help you breathe, smile, frown, speak, digest your food and more!



**One muscle works to bend your arm or leg.**

**The opposite muscle works to straighten your arm or leg.**

