

Question: How many muscles are in the human body?

**Answer:
Over 650**

**Question:
What does
R.I.C.E. stand
for?**

**Answer:
Rest, Ice,
Compression,
Elevation**

**Question:
When a muscle
“works,” does
it push or pull?**

**Answer:
Pull, or contract**

Question:
What types of food helps build muscles?

Answer:
Protein ... like meat, beans, dairy.

Question: Do muscles work in pairs, or on their own?

Answer:
In pairs

Question:
What connects muscle to bone?

Answer:
Tendons

Question: What are the 3 types of muscles?	Answer: Skeletal, Cardiac & Smooth
Question: What exercise helps build strong abdominal muscles?	Answer: Sit-ups/planks, crunches, etc.