

Interesting Facts About Muscles



The only muscle in your body that is attached just at one end is your tongue!

Your tongue is made up of a group of muscles that constantly work together to allow you to talk and help you chew food.

You can see those muscles at work by sticking out your tongue and wiggling it around!

Even while you are sleeping your tongue is working, pushing saliva down your throat.



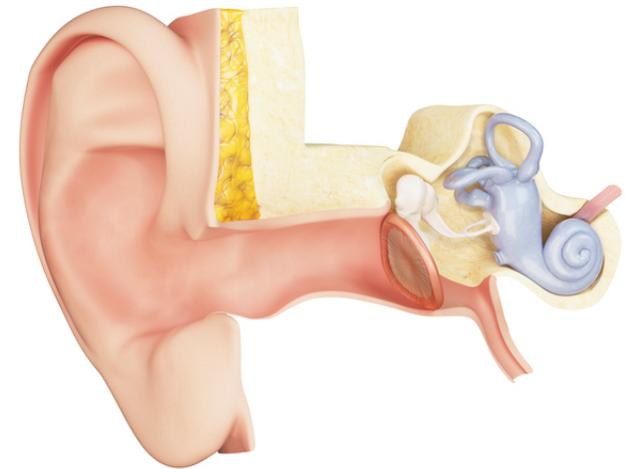
Where is the longest muscle in your body?

The longest muscle in your body is the sartorius. It runs from the hip to the knee. It is used to bend the knee and twist our leg.



Where is the shortest muscle in your body?

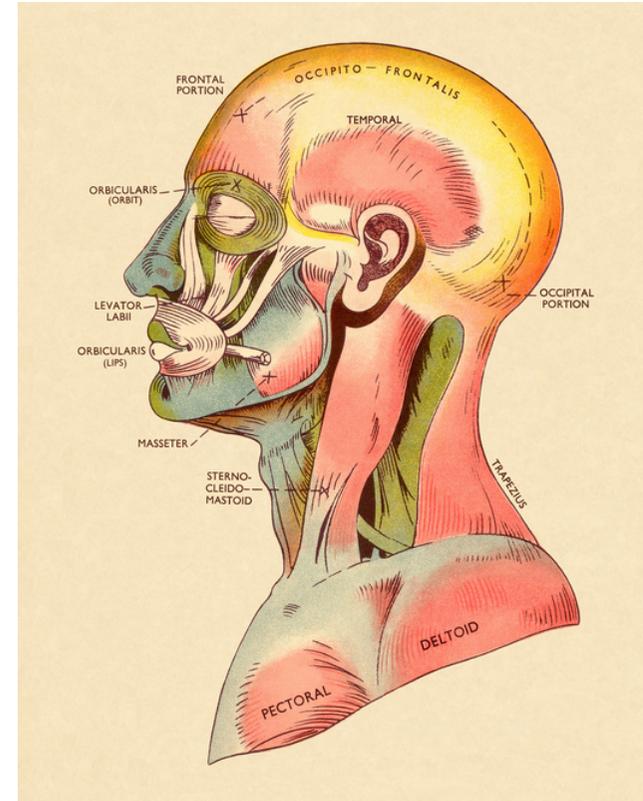
At just over 1 mm the shortest muscle in your body is the stapedius. It is located in your inner ear and stabilises the smallest bone in your body, the stapes.



Which muscles in your body are the strongest ?

One of the strongest muscles is in our jaw. It is the masseter muscle. It is used for chewing.

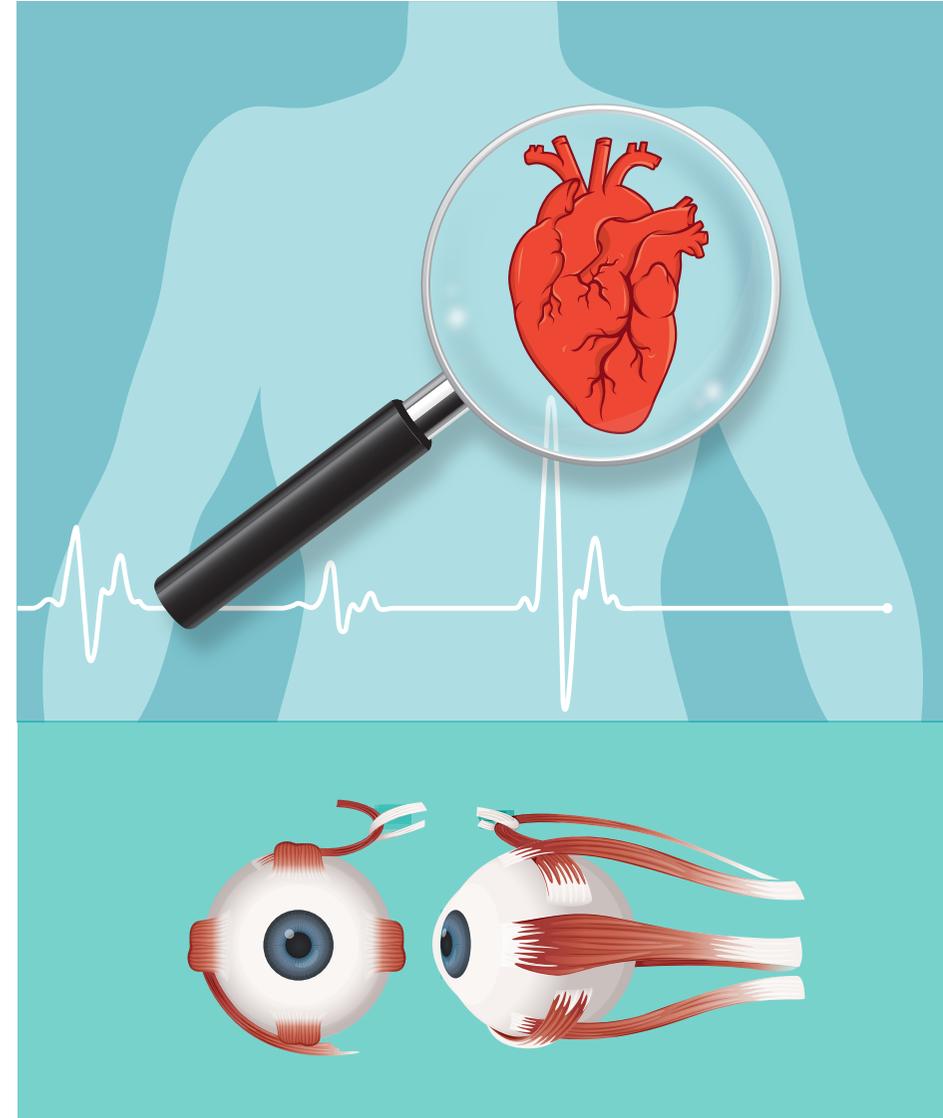
If you gently grind your teeth and put your hand on your cheek, you will feel this jaw muscle moving. The masseter muscle exerts great force- great enough to crush very hard food !



Which muscles in your body are the most hard working ?

Your heart muscle is one of the most hard working muscles in your body! It is constantly working, contracting every time your heart beats.

The muscles of your eye are also very hard working. They are constantly moving to adjust the position of your eyes (even while you are sleeping!)



Shivering

Did you know that shivering is caused by hundreds of muscles expanding and contracting to produce heat to make us warmer?



Muscles and Exercise



When we exercise our muscles we make them bigger and stronger.

Exercise keeps your muscles strong and flexible. If you don't use your muscles they can shrink and waste away or become weak.

