* + **Your skeleton gives your body a supporting frame and protects your internal organs.**
	+ **The skeleton system is attached to the muscular system and they work together allowing your body to move.**
	+ **The skeleton supports every part of your body, protects organs, and helps the body move.**
	+ **At birth, babies have about 350 soft bones. As you grow, these bones grow together and by your mid-twenties, you will have about 206 bones.**
	+ **Forty to fifty percent of your body weight is made of muscle.**
	+ **Your bones and muscles working together are called the musculoskeletal system. You have about 600 muscles in your body.**
	+ **Three types of muscles**
	+ **1. SKELETAL MUSCLE: These muscles are attached to your bones, allow you to move and be active, are made stronger when exercise, and are voluntary (can control when to move it).**
	+ **SMOOTH MUSCLE: These muscles, which are found in organs (i.e. diaphragm, lungs, blood vessels, stomach), are involuntary. Involuntary means you do not have to think about them working. For instance, your lungs and diaphragm move without you having to think, “Breathe, breathe…”**
	+ **CARDIAC MUSCLE: This muscle, located in the heart, works ALL of the time. It is extremely strong and also involuntary.**