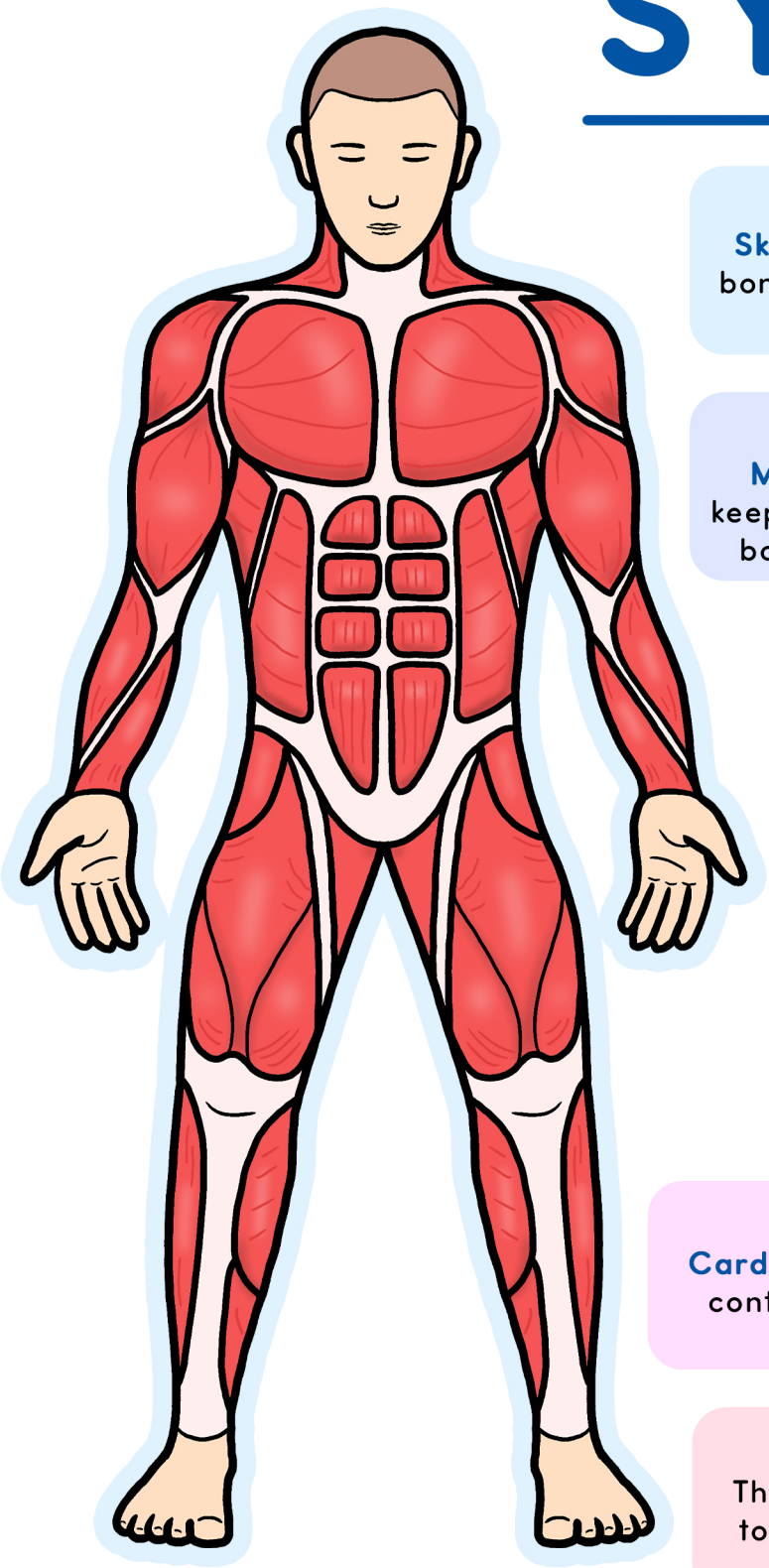
FUNCTIONS OF THE MUSCULAR SYSTEM



ENABLES MOVEMENT

Skeletal muscles contract and pull on bones through **tendons** so the body can walk, run, lift, and write.

MAINTAINS POSTURE

Muscles in the back, neck, and core keep a steady muscle tone that holds the body **upright** when you sit and stand.

MOVES FOOD AND FLUIDS

Smooth muscle in the walls of the stomach, intestines, and blood vessels squeezes in **waves** to push food and fluids through the body.

GENERATES HEAT

Working muscles release heat. When the body is cold, shivering makes muscles **contract** quickly to warm it up.

PUMPS BLOOD

Cardiac muscle in the walls of the **heart** contracts automatically to pump blood to every part of the body.

POWERS BREATHING

The **diaphragm** contracts and flattens to pull air into the **lungs**, then relaxes to let air flow back out.

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