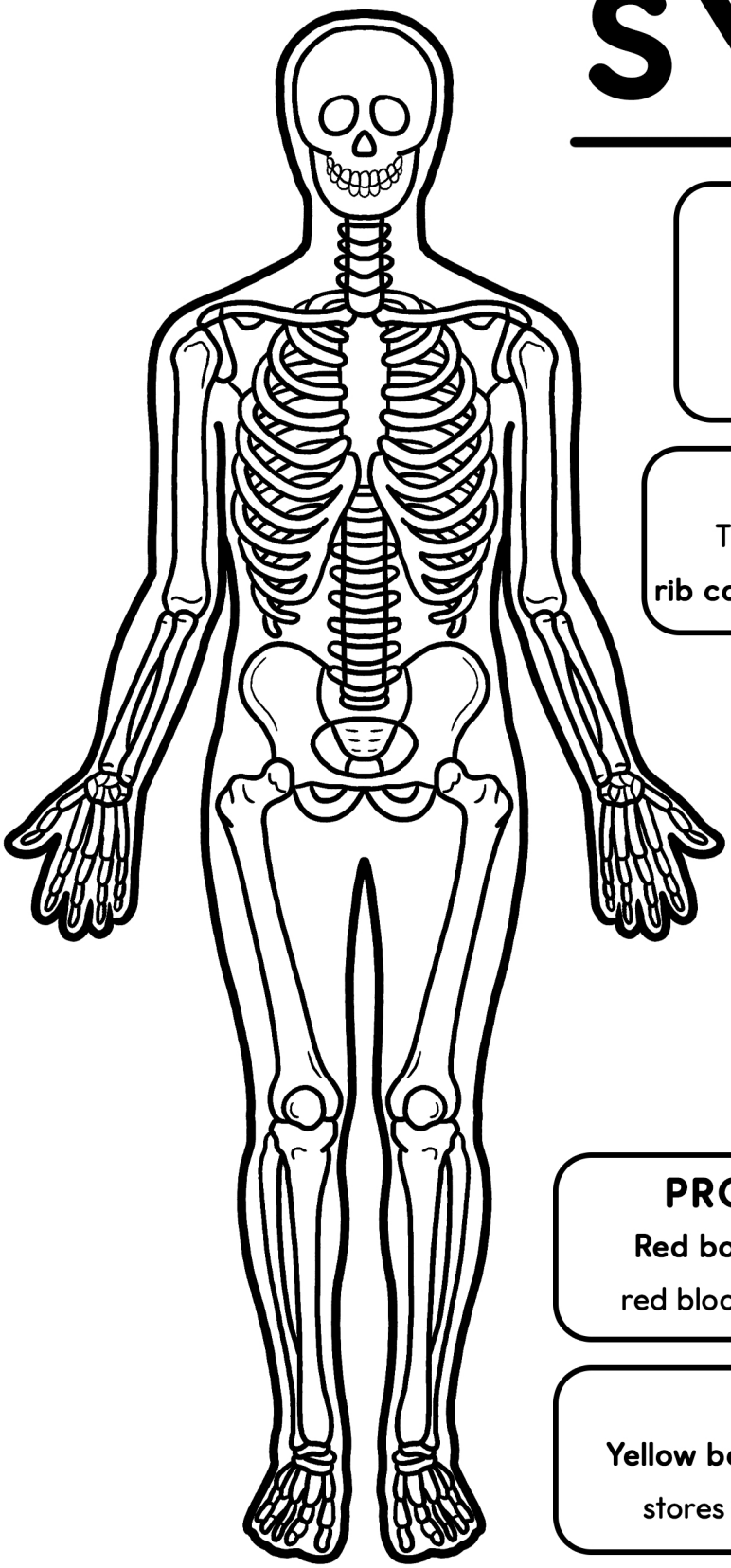
FUNCTIONS OF THE SKELETAL SYSTEM



SUPPORTS THE BODY

The **skeleton** forms a strong framework that holds the body up, gives it shape, and helps it keep good posture.

PROTECTS ORGANS

The **cranium** protects the brain, and the **rib cage** shields the heart and lungs from injury.

ENABLES MOVEMENT

Muscles pull on **bones** through tendons, and the bones move at joints like levers.

STORES MINERALS

Bones store calcium and phosphorus and release them into the blood when the body needs them.

PRODUCES BLOOD CELLS

Red bone marrow inside spongy bone makes red blood cells, white blood cells, and platelets.

STORES ENERGY

Yellow bone marrow in the center of long bones stores fat that the body can use for energy.

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