

Wellness Topic

Muscle Identification

- Did you know you have more than 600 muscles in your body? They do everything from pumping blood throughout your body to helping you lift your heavy backpack. You control some of your muscles, while others — like your heart — do their jobs without you thinking about them at all.
- Muscles are all made of the same material, a type of elastic tissue (sort of like the material in a rubber band). Thousands or even tens of thousands, of small fibers make up each muscle.
- Muscles are the "engine" that your body uses to propel itself. Although they work differently than a car engine or an electric motor, muscles do the same thing they turn energy into motion.
- It would be impossible for you to do anything without your muscles. Absolutely everything that you conceive of with your brain is expressed as muscular motion. The only ways for you to express an idea are with the muscles of your larynx, mouth and tongue (spoken words), with the muscles of your fingers (written words or "talking with your hands") or with the skeletal muscles (body language, dancing, running, building or fighting, to name a few).

Terms used to describe muscular strength and endurance:

- **Absolute Muscular Strength**- The maximum force you are able to exert regardless of size, age, or weight.
- **Relative Muscular Strength**- The maximum force you are able to exert in relation to your body weight.
- **Relative Muscular Endurance**- The maximum number of times you can repeatedly perform a resistance activity in relation to your body weight.