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Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Your Muscles.
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
What do you muscles do?

*Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.*
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Fun Fact
Hundreds of muscles help you take one step.
Muscles pull on bones to make your body move.

Fun information

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Hundreds of muscles help you take one step.

Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Muscles help you swim.

Fun information.

Muscles can get tired when you use them a lot.

Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Muscles help you run.

*Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.*
Fun Fact

Your heart and breathing muscles never get tired.
Muscles make your heart pump.

Fun information.

Your heart and breathing muscles never get tired.
Muscles help you breathe.
Muscles let you smile.
Muscles let you frown.

Fun information.

You use more muscles to frown than smile.
Muscles help you eat.

Fun information.

Your stomach muscles work without you thinking about them.
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Muscles push food through your body.
Exercise helps muscles grow bigger.

Fun information.

Bigger muscles pull harder and work longer.
Illustrations from Your Muscles by Melvin and Gilda Berger, Scholastic Books.
Exercise helps muscles grow stronger.
Exercise gives your muscles power.