

# THE HUMAN BODY

HOW OUR MUSCLES WORK AND HOW TO KEEP HEALTHY  
BY EXERCISING

By Harry  
YEAR 3

# MUSCLES

**PECTORALIS**

**DELTOIDS**

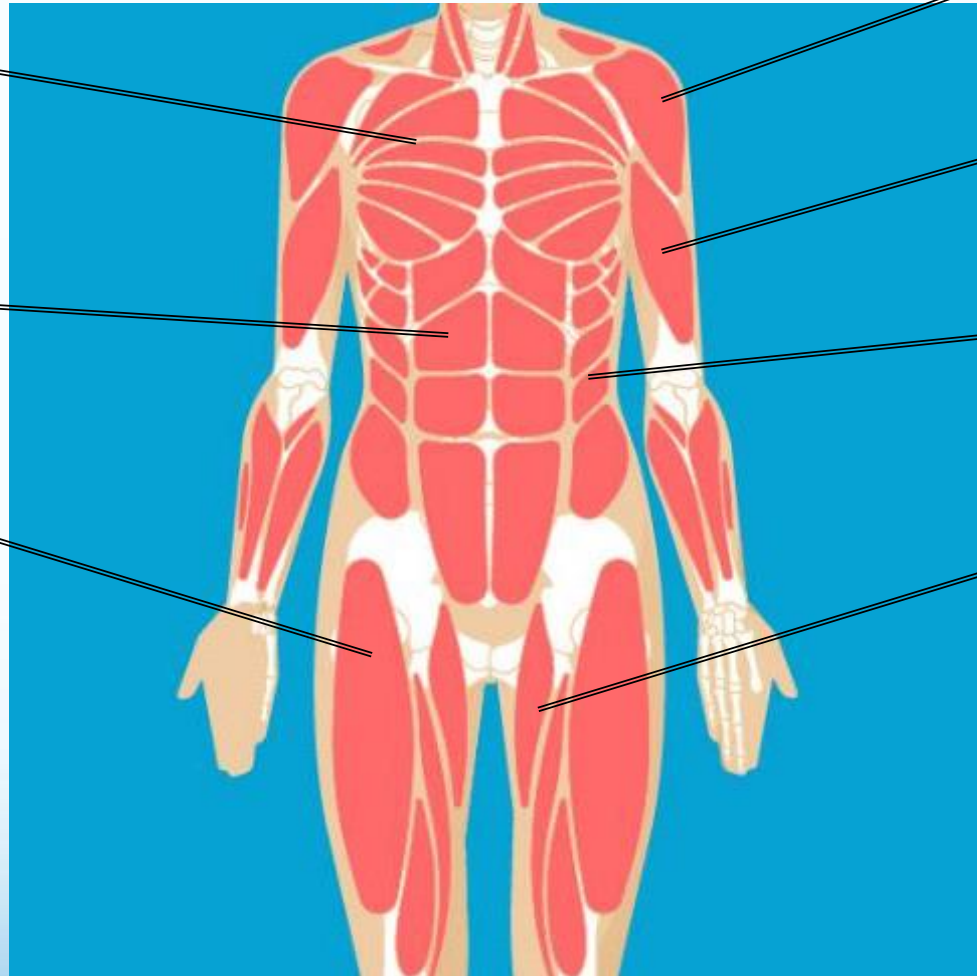
**BICEPS**

**ABDOMEN**

**OBLIQUES**

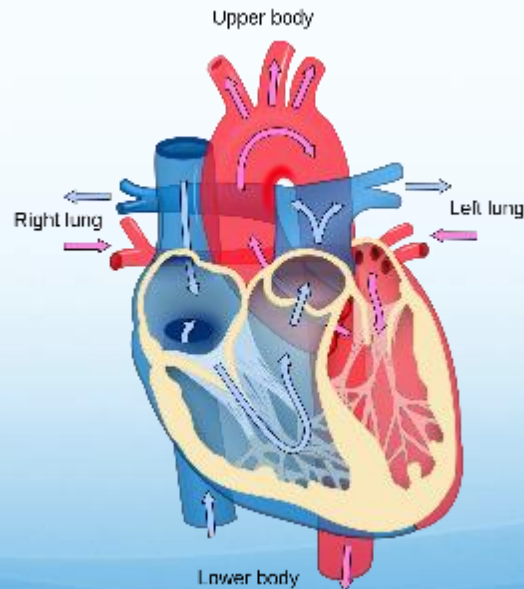
**QUADS**

**ADDUCTER**



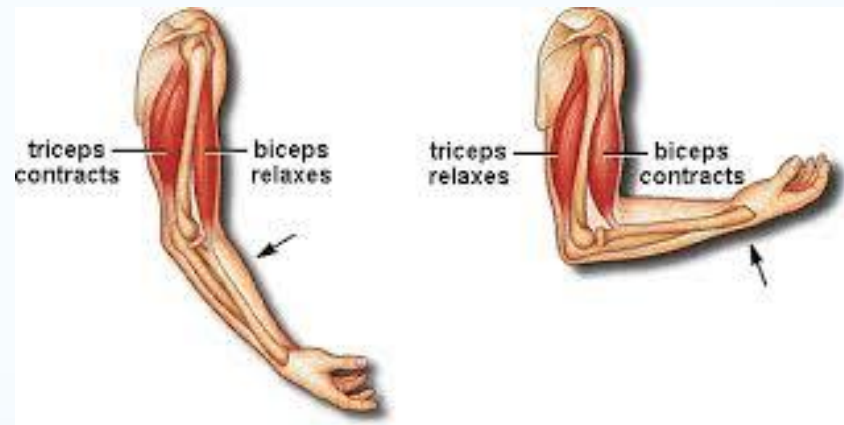
# HOW MUSCLES WORK

Your muscles need oxygen to work. The oxygen gets to your muscles by your heart pumping blood. You can control voluntary muscles like skeletal muscles. Some muscles are involuntary, which means you control them. To keep your muscles strong and healthy you must eat and drink healthy and exercise.



# PAIRS OF MUSCLES

Muscles work in pairs, they contract and relax. A set of muscles that work as a pair are hamstrings and quads. Another are the biceps and triceps. If the triceps muscle was not there your bicep wouldn't be able to contract and relax.



# HOW TO KEEP OUR BODY HEALTHY



## EAT HEALTHY

- 5 A DAY - FRUIT AND VEG TO PROVIDE A GOOD SOURCE OF VITAMINS AND MINERALS.
- FATS AND SUGARS ARE IMPORTANT IN THE RIGHT AMOUNTS.
- FOODS LIKE BREAD, PASTA AND CEREALS CONTAIN CARBOHYDRATES WHICH KEEPS THE BODY ENERGISED.
- PROTEINS HELP REPAIR YOUR BODY AND FEEDS YOUR MUSCLES. YOU GET THIS FROM MEATS AND EGGS.
- FIBRE FOODS HELP WITH DIGESTIONS SUCH AS VEGATABLES, WHOLEMEAL BREAD AND NUTS.

## DRINKING PLENTY OF WATER

- WATER IS THE BEST LIQUID TO KEEP THE BODY HYDRATED AND THE BEST OPTION WHEN YOU ARE THIRSTY.
- IF YOU DON'T LIKE THE TASTE OF WATER, OTHER OPTIONS ARE PLAIN TEA, FRUIT TEA OR TRY SPARKLING WATER.
- FOR THE AVERAGE MALE, YOU ARE RECOMMENDED TO DRINK 3.7 LITRES OF WATER. FOR WOMEN IT IS 2.7 LITRES.
- FIZZY DRINKS CONTAIN LOTS OF SUGAR.



# HOW TO KEEP OUR BODY HEALTHY

## SLEEP AND REST

- YOUR BODY NEEDS SLEEP TO RECHARGE AND HEAL.
- WITHOUT SLEEP YOUR BRAIN AND BODY WOULDN'T WORK PROPERLY.
- ADULTS AGED 18-64 ARE RECOMMENDED 7-9 HOURS SLEEP PER NIGHT.
- CHILDREN ARE RECOMMENDED 11-12 UP TO THE AGED OF AROUND 13.



## EXERCISE

- EXERCISE IS IMPORTANT BECAUSE IT KEEPS YOUR BODY WORKING TO LOOK AFTER YOUR JOINTS, MUSCLES AND BONES.
- IT IS A GOOD WAY TO CLEAR STRESS AND PAINS.
- ITS RECOMMENDED TO DO SOME KIND OF EXERCISE 3 TIMES PER WEEK.
- A QUICK WALK OR A JOG FOR 20-30 MINS IS AN EXAMPLE OF EXERCISE.



# EXERCISE



## TIPS

## IDEAS

- DO NOT DRINK AFTER EVERY EXERCISE IF DOING A CLASS.
- WARM UP AND STRETCH OFF BEFORE AND AFTER EXERCISE.
- MAKE SURE YOU ARE WEARING SUITABLE CLOTHING AND FOOTWEAR.
- KNOWING YOUR LIMITS.

- RUNNING/JOGGING/FAST WALK.
- GOING TO THE GYM OR GYM CLASSES.
- HOMEMADE BOOT CAMPS (MAKE SURE YOU GET SOME HELP IF YOU HAVE NEVER DONE ONE BEFORE)
- SWIMMING.
- CYCLING.
- GYMNASTICS OR DANCE.



# EXAMPLE OF MY WORKOUT



1). HURDLE JUMP FORWARD – 8  
JABS – HURDLE JUMP BACK X2

2). SIDE SHUFFLES IN AND OUT  
THE CONES X3

3). SQUAT PULSES X3

4). WEIGHT PULL UPS 4 – CARDIO  
TAPS 8 X2

5). STAR JUMPS X10

I designed this workout for me and my mum. You can repeat the whole circuit 2 or 3 times.