Muscles

**Muscle Control**

**Involuntary Muscles** – responsible for activities like breathing and digesting food.

**Voluntary Muscles** – Responsible for activities like smiling, turning pages of books, etc.

**Types of Muscles**

**Skeletal** – are attached to the bones by a tendon. Striated. Tire quickly.

**Voluntary**

**Smooth** – internal organs, blood vessels, etc. Involuntary. Not striated. React slowly. Tire slowly

**Cardiac** – has characteristics of both skeletal and smooth. Striated. Tire slowly.
- Because muscle pairs can only contract, not extend, skeletal muscles work in pairs. While one muscle contracts, the other muscle pair returns to its original length.
- Exercise makes muscles cells grow wider, making the whole muscle bigger.

Muscle cells use energy to contract. When the supply of glucose in the muscle is used up, the muscle becomes tired.