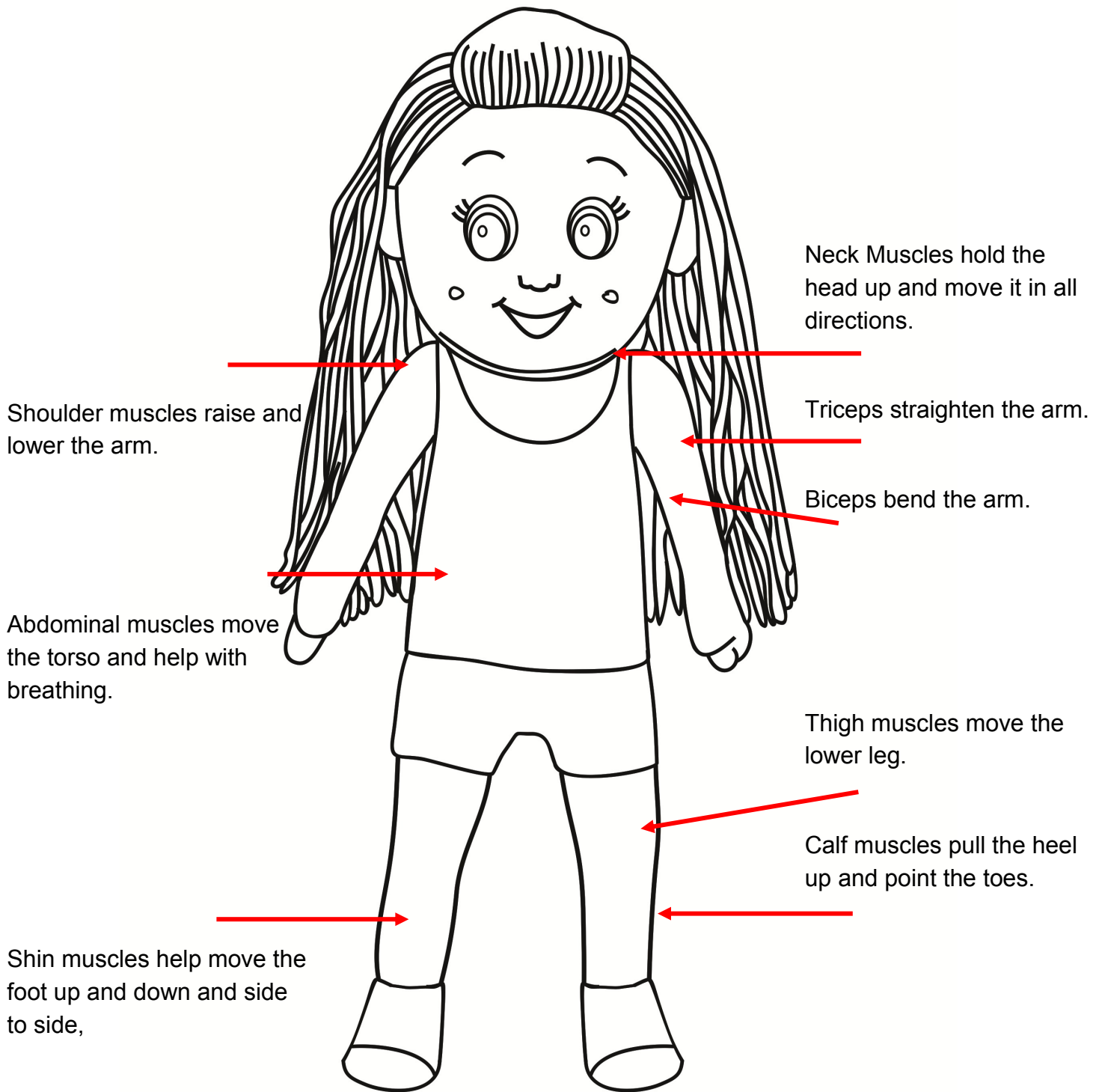


# T-Shirt Kids build strong muscles by Rock Building



## Fun Facts about Human Body Muscles for Kids

- Voluntary muscles are those that you choose to move. You use your arm muscles to pick up a toy. You use your leg muscles to kick a ball.
- Involuntary muscles are those that you can't control. Your heart is an involuntary muscle. It beats without any help from you. It pumps blood faster when you're active. It slows down when you slow down.
- The muscles in your digestive system move food through your body.
- Working your muscles makes them stronger.