



They move your body—help you walk, jump, smile, and play sports.	Found only in the heart.	You cannot control it; it works automatically (involuntary).
Works all the time to pump blood through your body.	Also involuntary—they work without you thinking about them.	You control them with your brain (voluntary muscles).
Found inside organs like the stomach, intestines, and blood vessels.	These muscles are attached to your bones	Help move food through your body and control blood flow.