

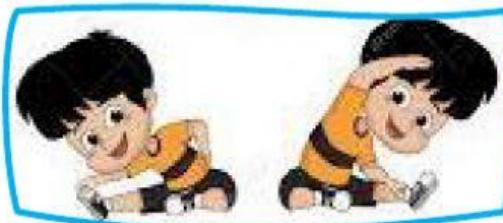


Name and Last name:

Grade and Section:

TIPS TO KEEP MUSCLES HEALTHY

Match each drawing with the corresponding explanation



Warm up

What you eat greatly impacts the health of your muscles.



Stretch

Before beginning any physical activity.



Diet

Doing this, your muscle groups can reduce muscle tears.



Hydrate

Exercise is very important for maintaining muscle health.



Exercise

Staying hydrated improves overall health.