

Bản chép lại

Diễn giả 1

The human body is amazing.

Diễn giả 1

It has many parts and they all work together.

Diễn giả 1

Your bones and your muscles are very.

Diễn giả 1

Important parts of.

Diễn giả 1

Your body because you use them all the time.

Diễn giả 1

You use them when you run.

Diễn giả 1

You use them.

Diễn giả 1

When you jump.

Diễn giả 1

Second, there are 206 bones in your body and your ligaments. Connect those bones together.

Diễn giả 1

They are very important.

Diễn giả 1

Your bones and ligaments support and protect your body when you fall and hurt yourself.

Diễn giả 1

Different parts of the body have different bones.

Diễn giả 1

Did you know that one foot has 26 bones and 107 ligaments?

Diễn giả 1

Please help us to run jump and kick.

Diễn giả 1

Our bones work with our muscles so we can move and we use them together all the time.

Diễn giả 1

There are over 650 muscles in your body and tendons. Attach your muscles to your bones.

Diễn giả 1

Muscles are really important too.

Diễn giả 1

Your muscles help your body move like women play sports.

Diễn giả 1

Muscles are.

Diễn giả 1

Softer than bones.

Diễn giả 1

But when you use them a lot, they become bigger and stronger.

Diễn giả 1

It's important that your.

Diễn giả 1

Bones and your muscles are healthy.

Diễn giả 1

There are many things you can do to keep them strong.

Diễn giả 1

Exercise is.

Diễn giả 1

Good for your bones and your muscles.

Diễn giả 1

Some people go to the gym to make their muscles stronger.

Diễn giả 1

Some play tennis.

Diễn giả 1

Or jump rope because it is good for their bones.

Diễn giả 1

But exercise isn't the only thing you should do.

Diễn giả 1

Eating healthy foods like fruits and vegetables is.

Diễn giả 1

Also good for your bones and muscles.

Diễn giả 1

Which one is more important?

Diễn giả 1

Exercising or eating healthy fruit.

Diễn giả 1

They are both very important, so exercise and eat healthy food.

Diễn giả 1

Your bones and muscles will become stronger and healthier.