



NERVES AND BLOOD SUPPLY

- Nerves send signals from your brain, telling muscles when to contract or relax.
- Blood vessels bring oxygen and nutrients (like glucose) to give the muscle energy, and they carry away waste.

MUSCLE TISSUE

- Muscle is made mostly of muscle fibers, which are long, thin cells.
- These fibers are packed together in bundles, kind of like a rope is made of many smaller threads.
- Surrounding all of this is fascia (connective tissue), which holds it together and helps it move smoothly.

CONNECTIVE TISSUE

- Tendons connect muscle to bone.
- Fascia wraps around the muscle bundles, giving shape and support.

MUSCLE ARE MADE OF...

PROTEINS INSIDE MUSCLE FIBERS

- Inside each muscle fiber are two important proteins: actin and myosin.
- These proteins slide past each other like gears, shortening the muscle and creating movement.
- This sliding action is what makes your muscles contract when your brain sends a signal.

WATER & MINERALS

- Muscles are about 75% water! Staying hydrated is essential for muscle function.
- Minerals like calcium, magnesium, sodium, and potassium help muscles contract and relax.

SUMMARY

- Fibers (muscle cells bundled together)
- Proteins (actin + myosin that actually make contraction happen)
- Nerves & blood (for signals and energy)
- Water & minerals (to keep muscles working smoothly)
- Connective tissue (tendons + fascia that hold everything together)