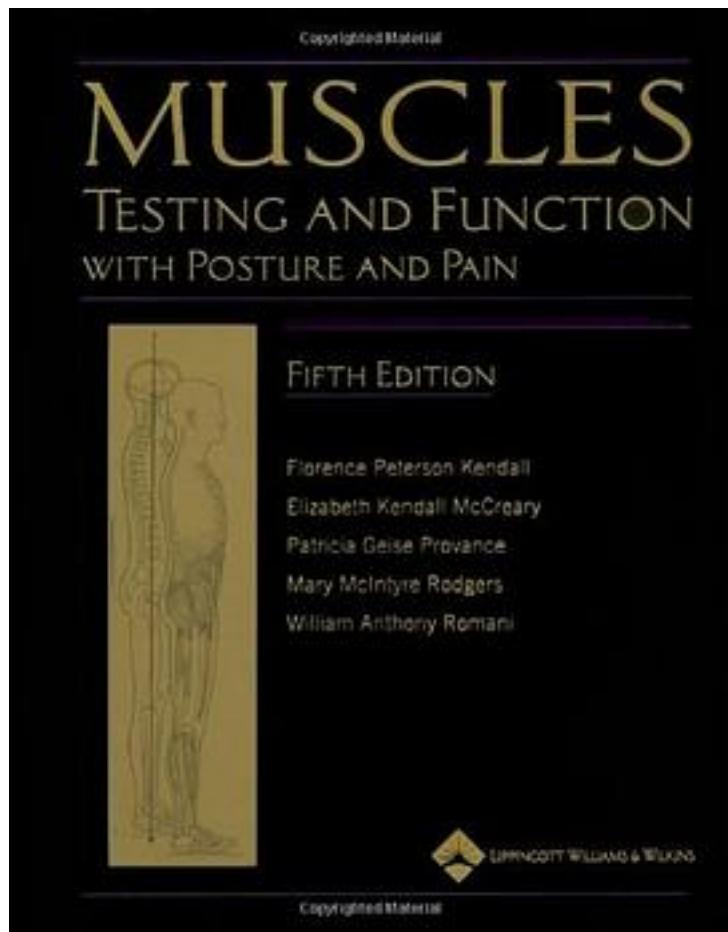


Muscles



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Don't move a muscle--read all about them! Did you know that... Without muscles you couldn't blink--or even breathe! Nearly 700 muscles control your life. Big or small, a muscle is made up of just one cell. Exercise doesn't give you more muscles, but it

strengthens the ones you have. Discover how muscles make us move--and see what it really looks like under your skin.

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