System Function
Muscular system is an important part of your body. Do you know you have 650 muscles in your body? And you know you use 200 muscles to take a step? Your muscles can also work together! It’s biceps and triceps. Your main organs of your muscular system are muscles. There are 3 types of muscles, smooth muscles work without you thinking, cardiac muscles (heart muscles) helps you pump blood throughout your body, they also work without you thinking, and skeletal muscles. You must think to move them. They work in pairs.

Connection to Other Body System
The muscular system connects to digestive system. The smooth muscles move the food through your digestive system. The muscular system also connects to circulatory system. The heart muscles pump blood through your body. Excretory system (skin) protects your muscles from diseases. The muscles protect your bones. The muscular system connects to many other systems.

Diseases
One disease of the muscular system is Muscular Dystrophy. Muscular Dystrophy is a group of muscle diseases that cause damage of muscle fiber. When you get Muscular Dystrophy, you can’t move and you will also lose balance. Another disease of the muscular system is Polymyositis. It will affect the body’s connective tissue, leading to weakness and muscle atrophy.

Maintaining a Healthy System
If you want to keep your muscular system healthy, you need to eat healthy (vegetable, meat), to have more energy. You can also exercise more. But you need to stretch your muscles before you exercise so you don’t strain them. If you want more muscles, you use energy to workout and make more muscles. Your muscles need protein to be strong, so eat the high protein food, like meat, eggs and
beans. If you do those things, your muscular system will be very healthy and you will not get muscular diseases.

**Self-Reflection**

I think the most important thing I learned in researching muscular system is that the muscular system is a very important part of your body because the system let you move. The other important thing I learned is that you need to care about your muscular system. Do healthy things (exercise) or eat healthy things to keep muscular system healthy. I think I will change my daily life. I need to eat very healthy to keep the muscles strong and exercise more to maintain my muscles.