



Buildings have a strong 'skeleton' of steel to support them. Your skeleton supports you, but also allows you to move.

The body's framework

Under your skin, most of your body parts are soft and moist, like jelly. So what keeps you in shape and allows you to move about? The answer is your skeleton – the living framework of bones that supports you and makes you able to do all kinds of actions. Without your skeleton, you would collapse in a soggy heap on the ground, just like a jellyfish (right)!



Bones and joints

Systems of the body

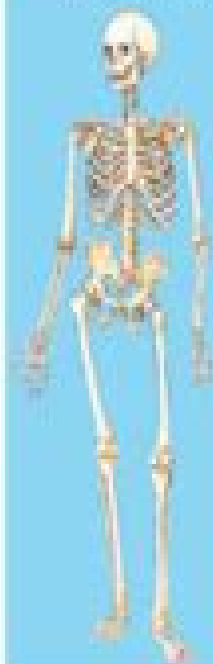
Our bodies are often described in terms of separate systems, each with a different job to do. However, each body system is dependent on the others to work at its full potential. Your bones and joints – the skeletal system – surround and protect your internal organs and work with your muscles to help you move.

Muscles

Circulation

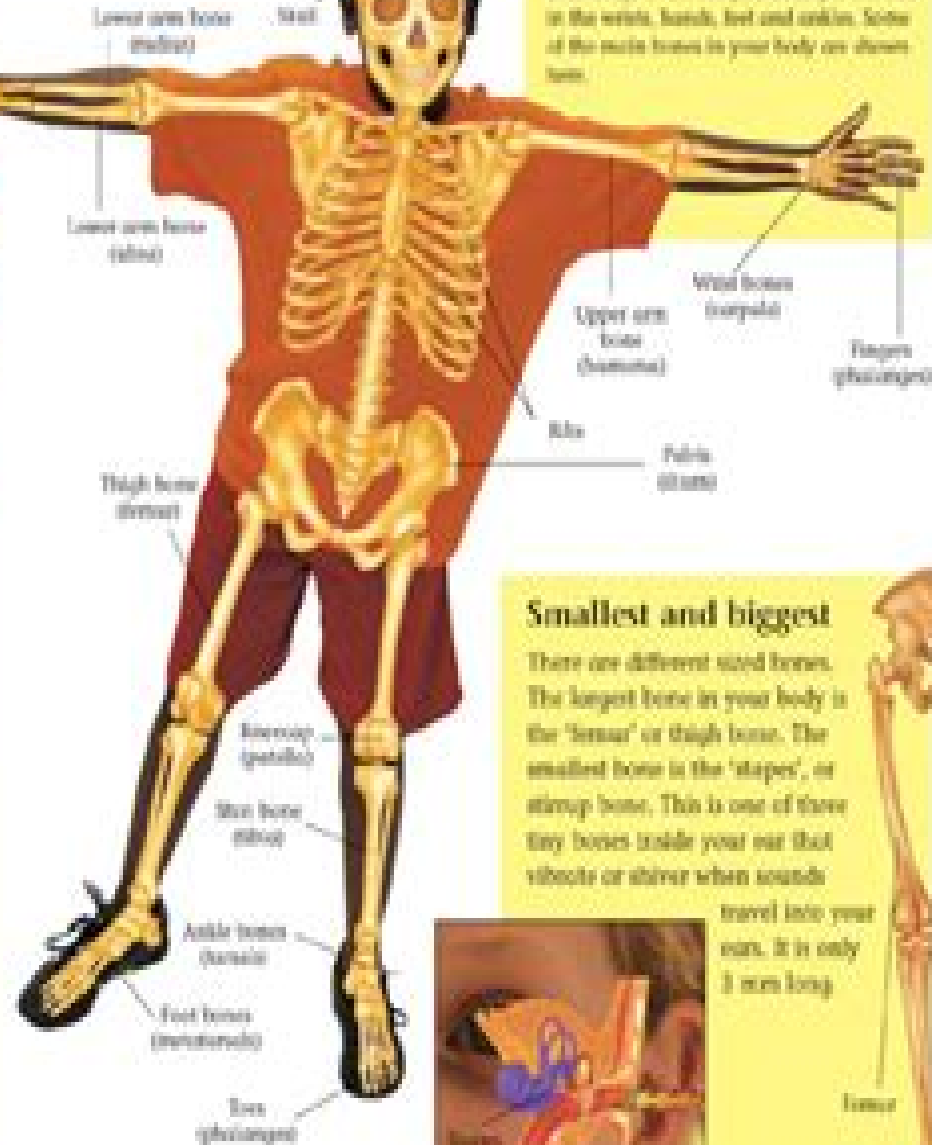
Nerves

Digestion



How many bones?

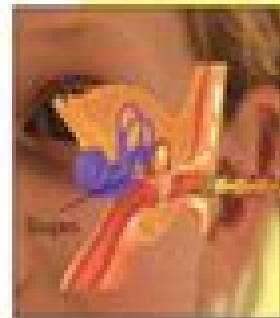
Most adults have a total of 206 bones in their body. Over half (106 bones) are found in the wrists, hands, feet and ankles. Some of the main bones in your body are shown here.



Smallest and biggest

There are different sized bones. The longest bone in your body is the 'femur' or thigh bone. The smallest bone is the 'stapes', or stirrup bone. This is one of three tiny bones inside your ear that vibrate or shiver when sounds

travel into your ears. It is only 3 mm long.



My Healthy Body Skeleton

JG Myers



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