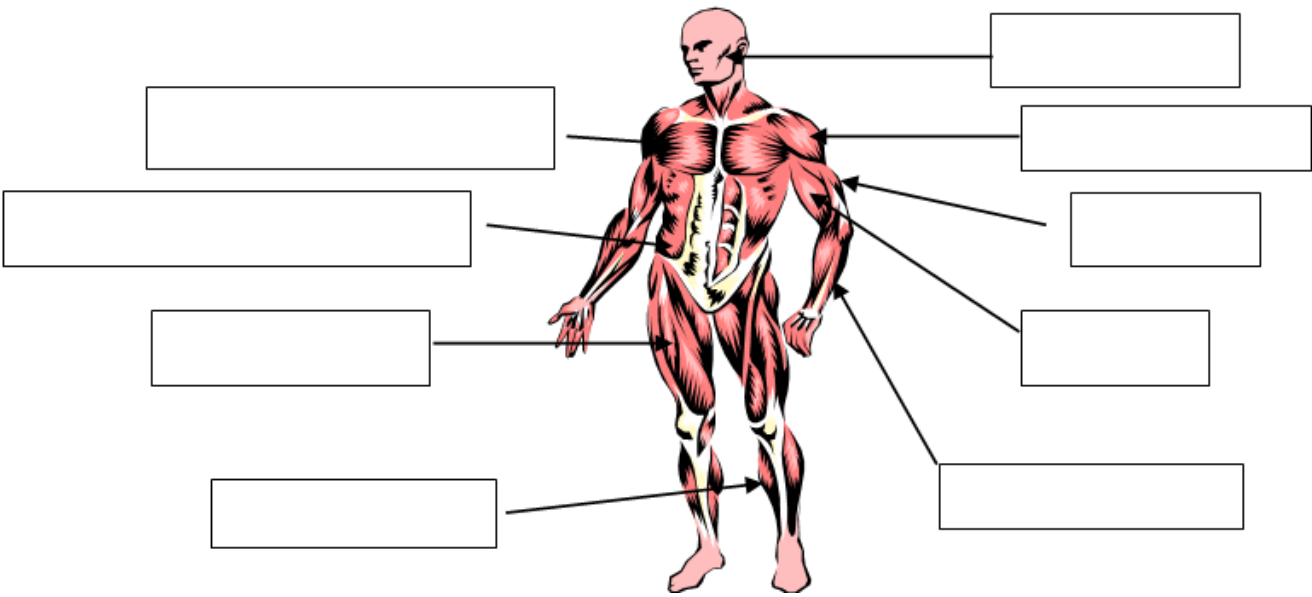


Some of the body's main muscles



EXERCISE/ACTIVITY	MUSCLES USED
Walking up stairs	
Drinking	
Washing the dishes	
Vacuum cleaning	
Brushing your teeth	
Flushing the toilet	
Getting out of bed	
Opening a door	