What are muscles and how do they work?
Why are muscles important?
Smile and frown
How many muscles to walk?
What if our muscles didn’t work?
What’s muscular dystrophy?
Who are Muscular Dystrophy UK?
Together we are stronger

Research

Support

Campaigning
Why is Go Bright important?
Together we are brighter!
Thank you for going bright at your school today!

Together we can make a difference.