

**MUSCULAR  
DYSTROPHY  
UK** | OUR MUSCLES  
MATTER

**Go Bright**



# **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?









**MUSCULAR  
DYSTROPHY  
UK**

# Who are Muscular Dystrophy UK?



## Research



## Support



## Campaigning





**MUSCULAR  
DYSTROPHY  
UK**

**Why is Go  
Bright  
important?**







**Thank you for  
going bright at  
your school today!**

Together we can make a difference.

