**Muscular System**
The muscular system consists of layers of muscles that cover the bones of the skeleton, extend across joints, and can contract and relax to produce movement.

**Skeletal System**
The skeleton is a strong yet flexible framework of bones and connective tissue. It provides support for the body and protection for many of its internal parts.

**Circulatory System**
This system consists of the heart and a network of vessels that carry blood. It supplies oxygen and nutrients to the body's cells and removes waste products.

**Nervous System**
The nervous system is the body's main control system. It consists of the brain, the spinal cord, and a network of nerves that extend out to the rest of the body.

**Lymphatic (Immune) System**
This system is a network of vessels that collects fluid from tissues and returns it to the blood. It also contains groups of cells that protect the body against infection.

**Respiratory System**
The respiratory system is centered on the lungs, which work to get life-giving oxygen into the blood. They also rid the body of a waste product, carbon dioxide.

**Endocrine System**
Many body processes, such as growth and energy production, are directed by hormones. These chemicals are released by the glands of the endocrine system.

**Digestive System**
The digestive system takes the food the body needs to fuel its activities. It breaks the food down into units called nutrients and absorbs the nutrients into the blood.

**Excretory System**
The body's cells produce waste products, many of which are eliminated in urine. The job of the urinary system is to make urine and expel it from the body.

**Reproductive System**
The male and female parts of the reproductive system produce the sperm and eggs needed to create a new person. They also bring these tiny cells together.