



LGMD

Limb Girdle Muscular Dystrophy



HOW OUR MUSCLES WORK

Skeletal muscles are the ones attached to our bones.

They help us move, whether we're running, jumping, or even smiling.

We control them, they don't move on their own.

Fun Fact- There are over **600** muscles in your body!



HOW WE USE OUR MUSCLES

Muscles need **fuel** (energy) from the food we eat.

Healthy foods like fruits, vegetables, grains, and protein give muscles power.

Muscles + Food = A SUPER TEAM!



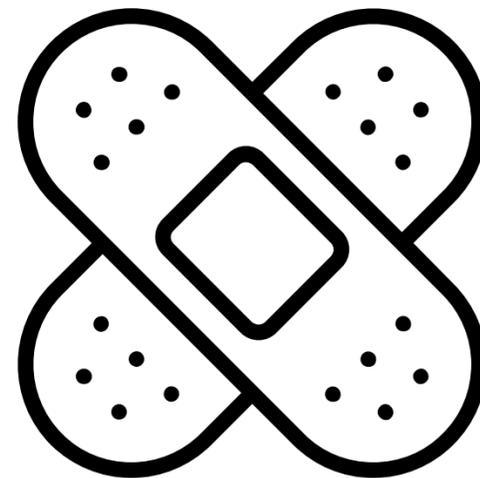
HOW OUR MUSCLES WORK

How do muscles repair themselves?

When we play or exercise, tiny “tears” happen in our muscles.

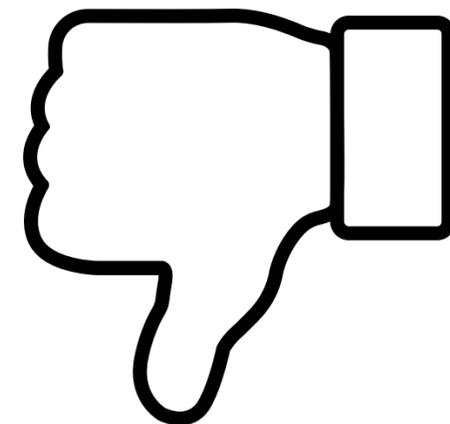
With rest, sleep, and healthy food, muscles fix themselves.

Repaired muscles grow stronger than before!



HOW WE USE OUR MUSCLES

For each example put your thumbs up if you think you use your muscles to do the activity and thumbs down if you do not.



HOW WE USE OUR MUSCLES



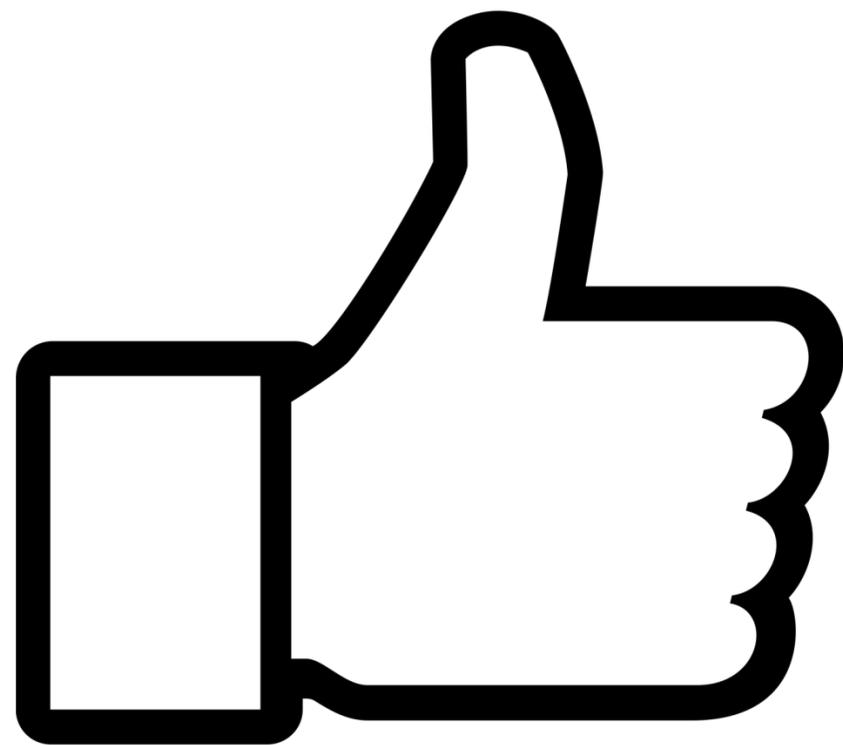
HOW WE USE OUR MUSCLES



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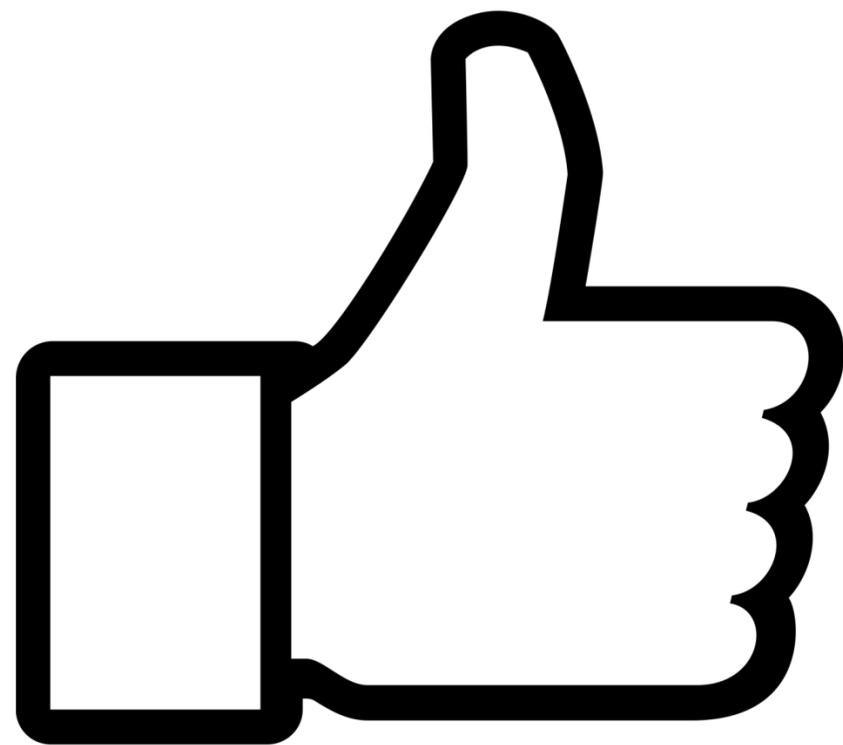
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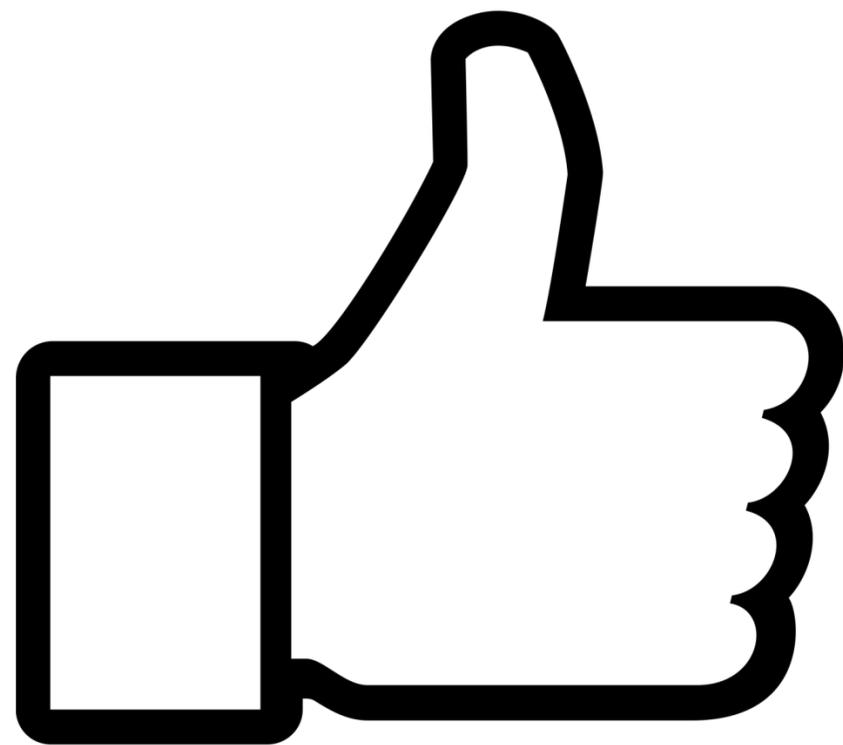
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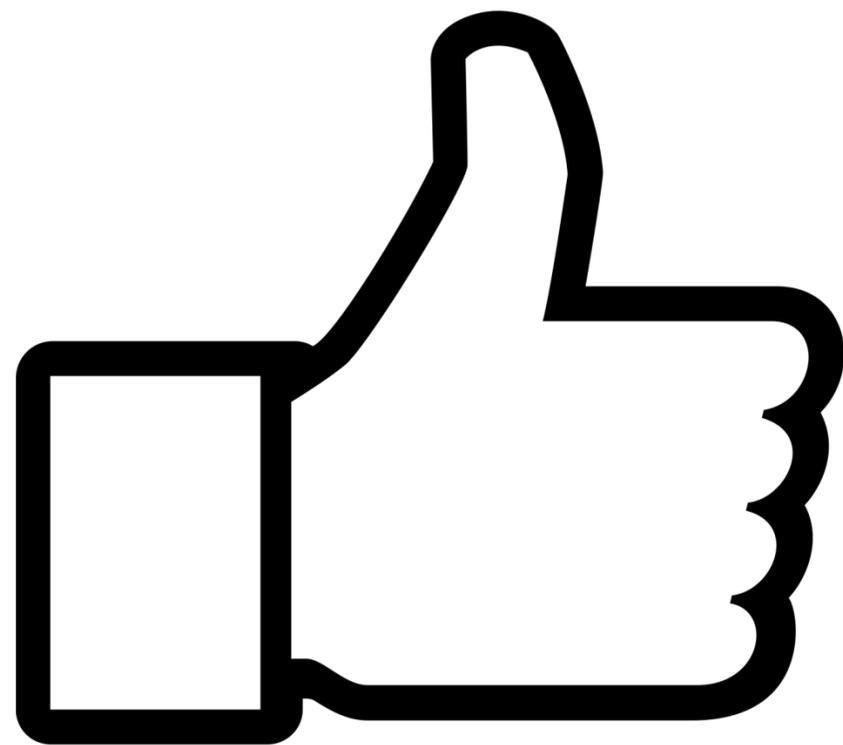
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HOW WE USE OUR MUSCLES



HOW OUR MUSCLES WORK

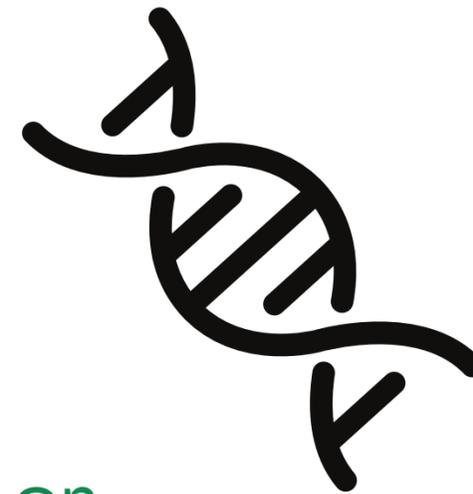
Wow, our muscles are a very important part of our body!
Our muscles are working both while we are awake and sleeping.

Even breathing and blinking use muscles!

Some movements use large skeletal muscles while cardiac
muscles keep our hearts beating!



LGMD

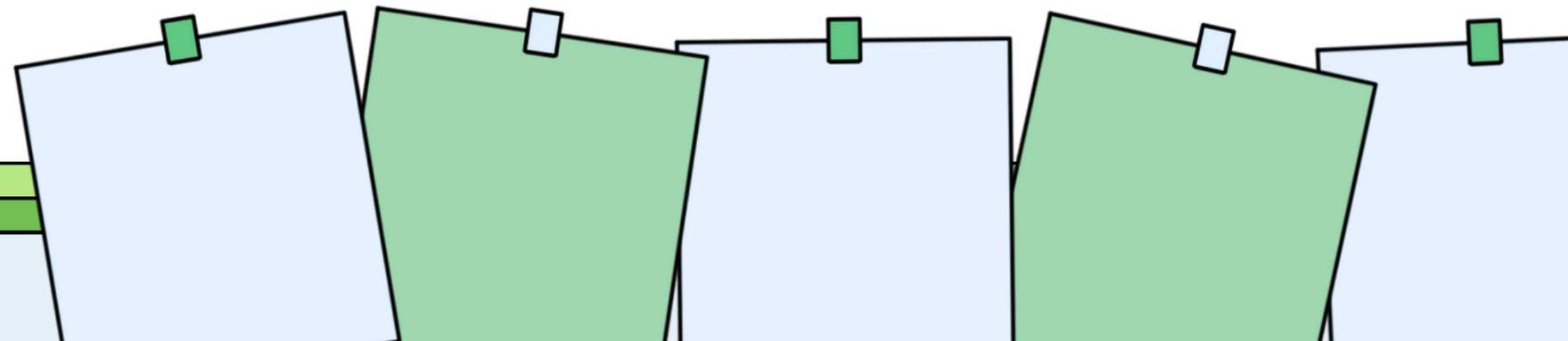


There are over 30 types of **Limb-Girdle Muscular Dystrophy**.

It happens because a special “muscle helper protein” is missing or doesn’t work the way it should.

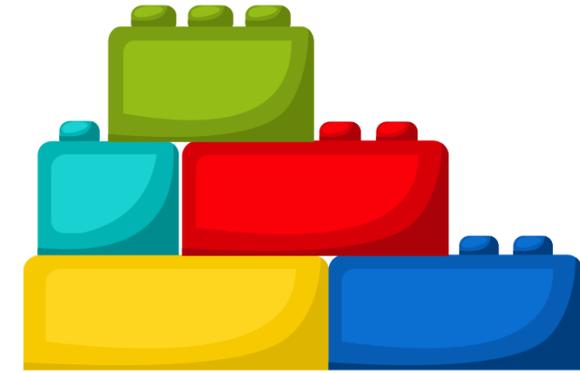
Without this helper, muscles can’t repair and grow strong like they’re supposed to.

Over time, this can make walking, running, climbing, or lifting things harder.



LGMD

Think of Muscles like a LEGO Tower



Most people's muscles are like towers that can be taken apart and rebuilt stronger.

With LGMD, the "LEGO pieces" don't always fit back together the same way, so the tower becomes a little weaker.

WE ARE ALL UNIQUE

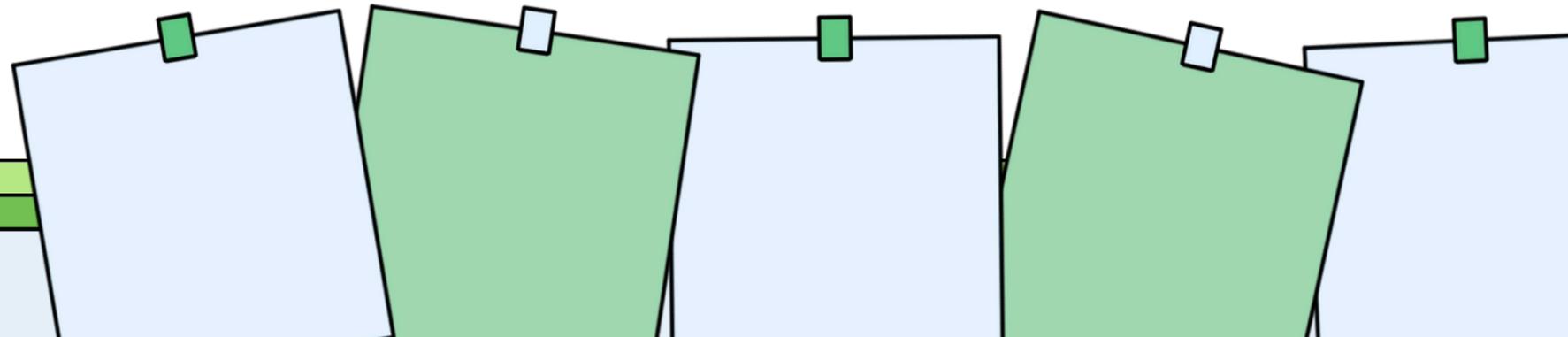


Everyone has things they are really good at.

Everyone has things that might be a little harder for them.

That's what makes us special and unique!

✨ **Fun fact:** Even your fingerprint is one-of-a-kind—just like YOU.



WE ARE ALL UNIQUE

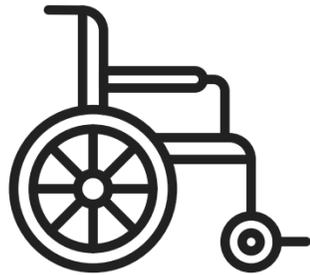
Turn to the person next to you and share:

- 2 things that you are really good at
- 2 things that you are a bit harder for you



DIFFERENT WAYS SAME PLAY

Some kids may use a wheelchair or walker to get around.



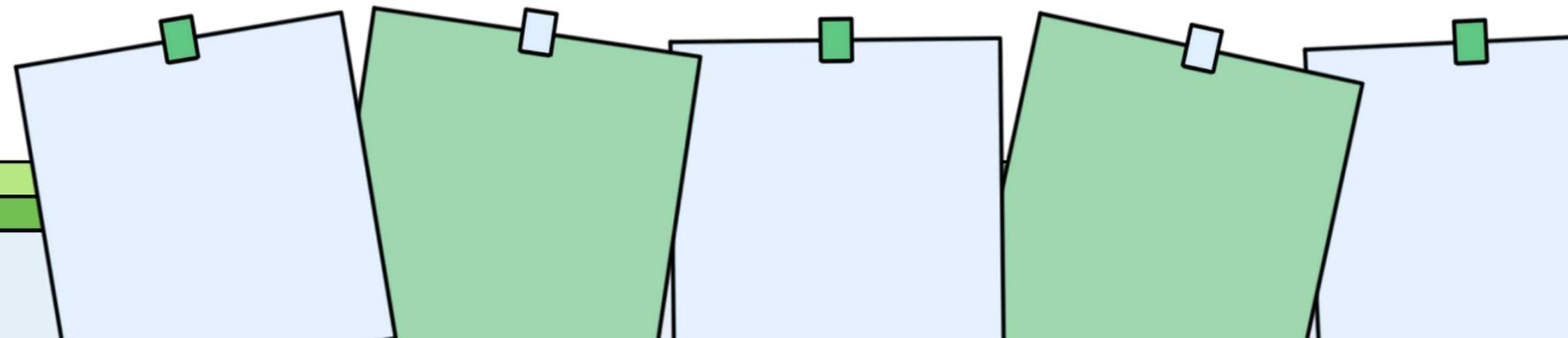
Some may need to take breaks when their muscles get tired.

Some might need a little extra help in class or on the playground.

Some may need more time to finish an activity.



✨ But no matter what—everyone wants to have fun, learn, and make friends!



HOW CAN WE BE SUPPORTIVE

Be patient if a friend needs more time.

Offer to help, but remember, it's okay if they say no.

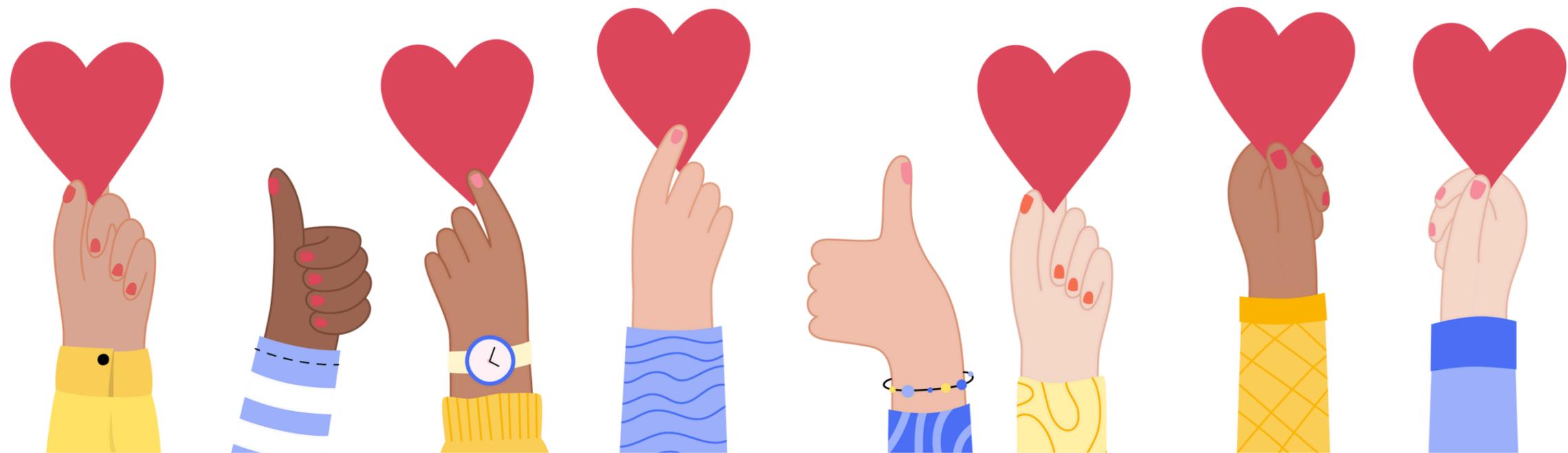
Include everyone in games, even if they play in a different way.

Celebrate each other's efforts and talents!



WE ALL BELONG

When we choose kindness, patience, and friendship, we make our classroom and playground a place where everyone belongs.



CREDITS

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