

### How does the brain control the body's movements?

1) Signals from the brain travel down the [spinal cord](#) and out to the motor neurons. (Motor neurons control the muscles and organs.) [Spinal cord](#)

### Myelination

Myelination is the process where the axons of neurons are covered by a myelin sheath. This sheath is made up of the [oligodendrocytes](#) in the central nervous system and [Schwann cells](#) in the peripheral nervous system.

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Myelination is important for the speed of the nerve impulse. It is also important for the [conduction velocity](#) of the nerve impulse. [Conduction velocity](#)



### How does the brain control the body's movements?

- 1) The [brain](#) sends signals to the [spinal cord](#) and the [muscles](#) to move.
- 2) The [spinal cord](#) sends signals to the [muscles](#) to move.
- 3) The [brain](#) sends signals to the [spinal cord](#) and the [muscles](#) to move. The [spinal cord](#) sends signals to the [muscles](#) to move.
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