

Newton's First Law of Motion

Inertia

- Force – is any push or pull that changes an object's state of motion.
- Forces can be created by:
 - gravity
 - motion of other matter
 - bodily motion

Inertia

- Inertia – the mass of an object is directly related to its ability to change its state of motion.
- Newton's First Law – An object at rest tends to stay at rest unless acted upon by an outside force.
- Only forces have the ability to change the motion of an object. Constant speed is not a change in motion!