

Newton's First Law

(see pages
54-56 for
more info.)

"Law of Inertia"

* An object at rest or in motion stays that way unless an unbalanced force acts on it. *

1. Inertia is the tendency of an object to resist any change in its motion
2. Inertia is why a spacecraft can turn off its engines once its moving. It can coast without slowing down forever in space.
3. The Law of Inertia explains what happens in a car accident. Your seat belt keeps your body in place (safely) when your body's inertia wants to put you through the windshield.