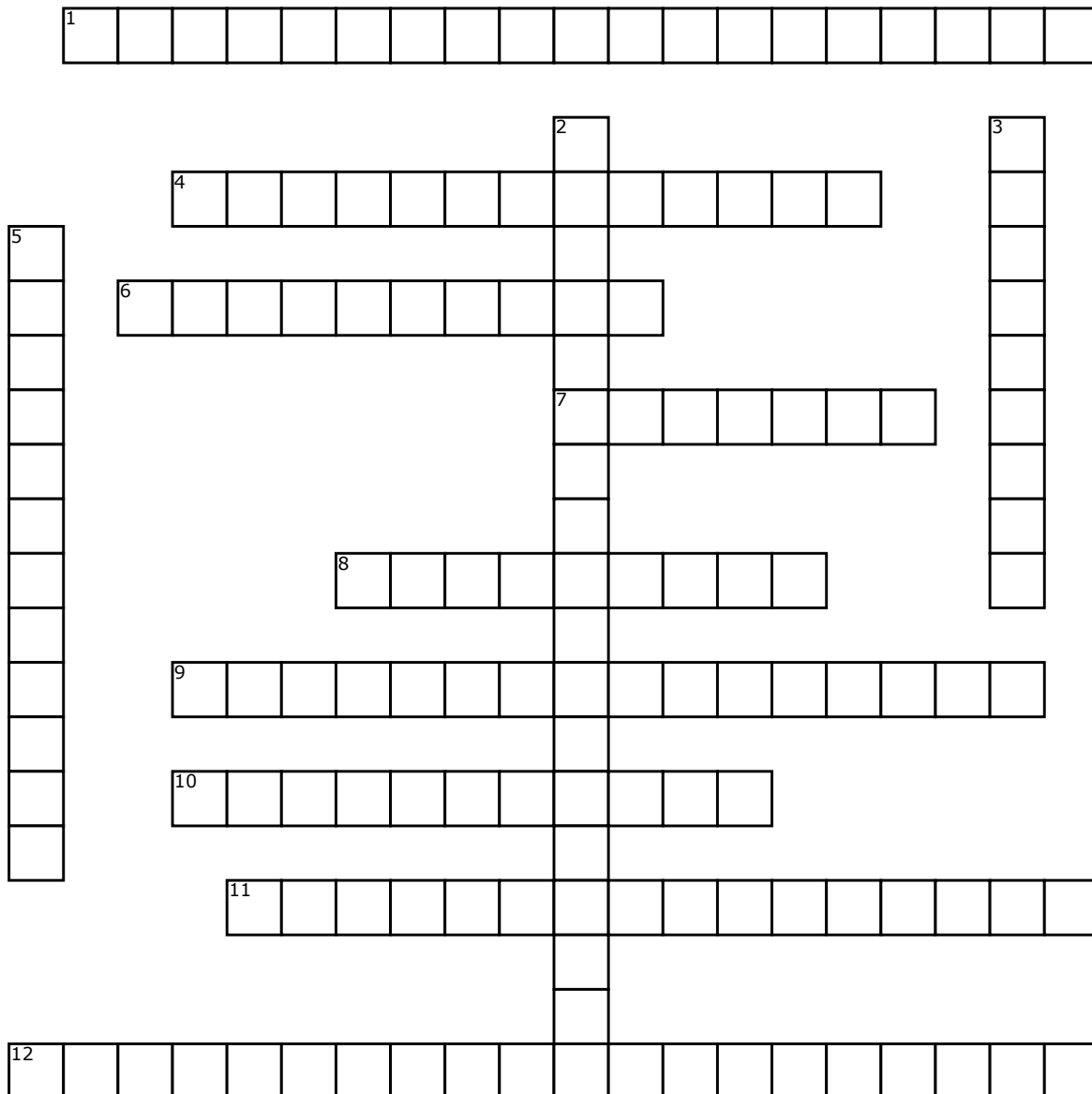


Aging in Sport and Exercise



Across

- 1.** blood flow to the extremities and the skin
4. lifelong exercisers who have never stopped training for more than six months in the past 50 years!!
6. the loss of bone mass with aging
7. exercise lasting longer than 2 minutes; requires O₂.
8. the length of a person life

- 9.** the point during exercise of increasing intensity at which blood lactate begins to accumulate above resting levels, where lactate clearance is no longer able to keep up with lactate production
10. negative changes in the cells that line the lumen of blood vessels; in ability of vessels to constrict/dilate
11. volume of air exhaled in the first second after maximal inhalation

- 12.** a decrease in the cardiovascular systems ability to deliver sufficient oxygen and nutrients

Down

- 2.** the highest ventilation that can be achieved during exhaustive exercise
3. exercise lasting from 15 seconds to 2 minutes; doesn't require O₂.
5. decreasing bone mineral content that increases bone porosity