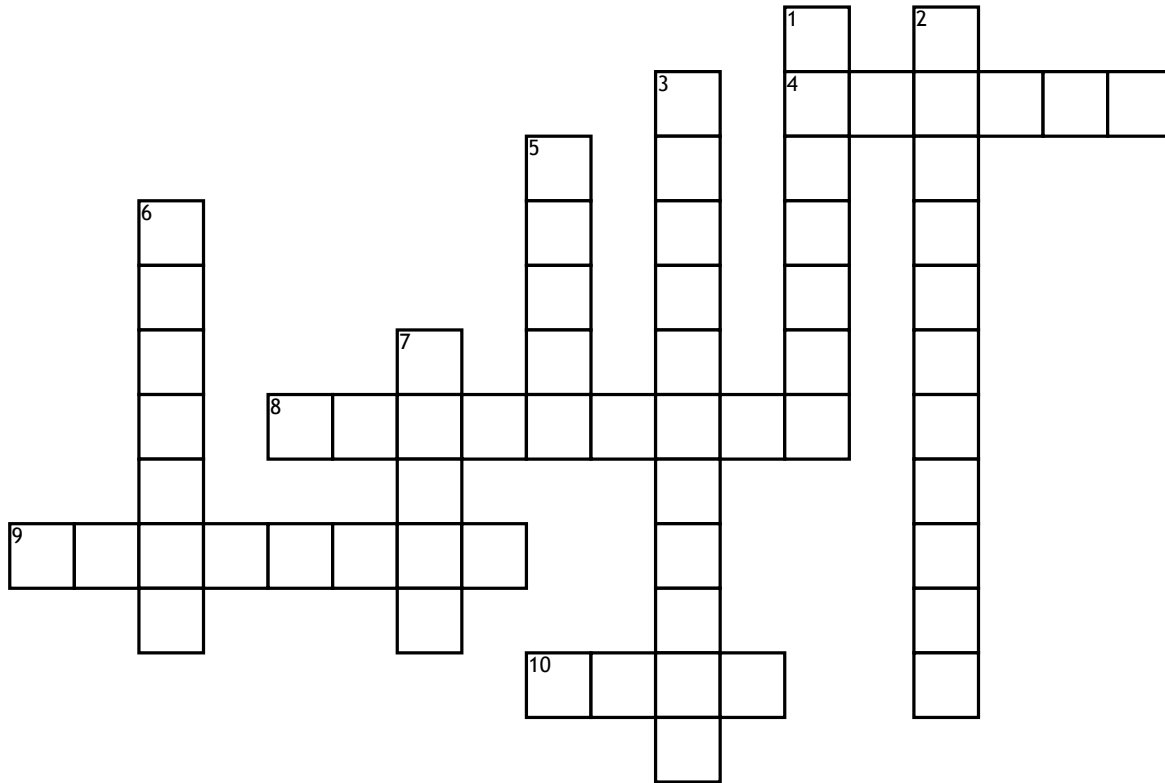


Brain Stimulating Crossword



Across

4. In order to keep your _____ levels high you need to be fueling your body every 2-3 hours
8. An activity that requires a high amount of energy for a short amount of time
9. In a heart attack _____ are blocked
10. A group of repetitions

Down

1. An activity that is slow and continuous

2. A repeated movement to increase strength and endurance
3. The ability to move a joint through a range of motion
5. The ability to do strength activities quickly
6. The ability to change direction quickly
7. In order for for your body to function properly you need to constantly be hydrating with _____