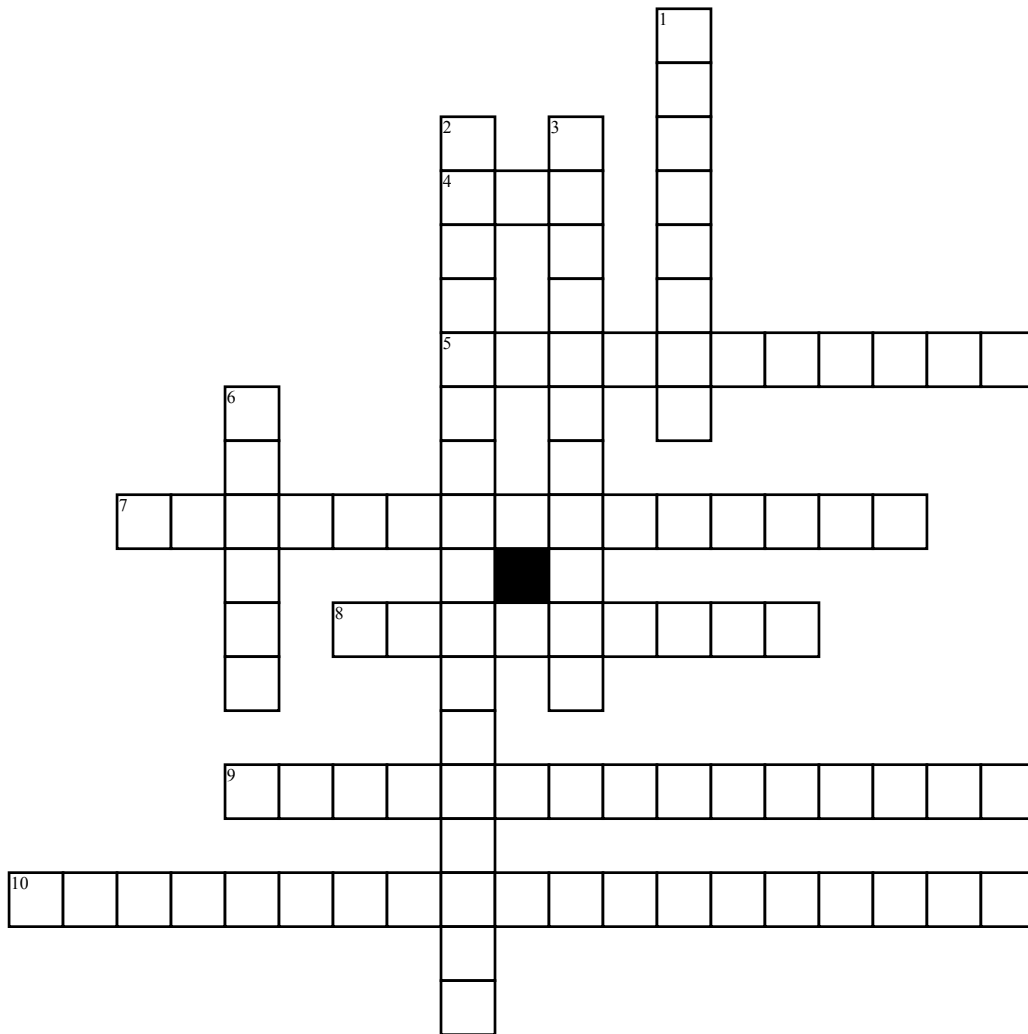


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Cross Out Your Risks



## Across

4. Changes in muscle mass as time goes on.
5. Will cause changes in your hormones and increase your appetite
7. Decreased activity due to medical conditions
8. Common among women
9. Using food as a coping mechanism during withdrawal.
10. Lack of resources, education, and no access to healthier foods.

## Down

1. Unhealthy diet, liquid calories, and inactivity
2. Genes you inherit from your parents may affect the amount of body fat you store, where that fat is distributed, how effectively your body converts food into energy, how your body burns calories when exercising, and how your body regulates your appetite.
3. Antidepressants, anti-seizure medications, diabetes medications, steroids, beta blockers, and antipsychotic medications.
6. Seeking high-calorie foods when experiencing this certain situation.

## Word Bank

Certain Diseases	Medications	Family Inheritance	Stress
Age	Socioeconomic Status	Lack of Sleep	Pregnancy
Quitting Smoking	Behavior		