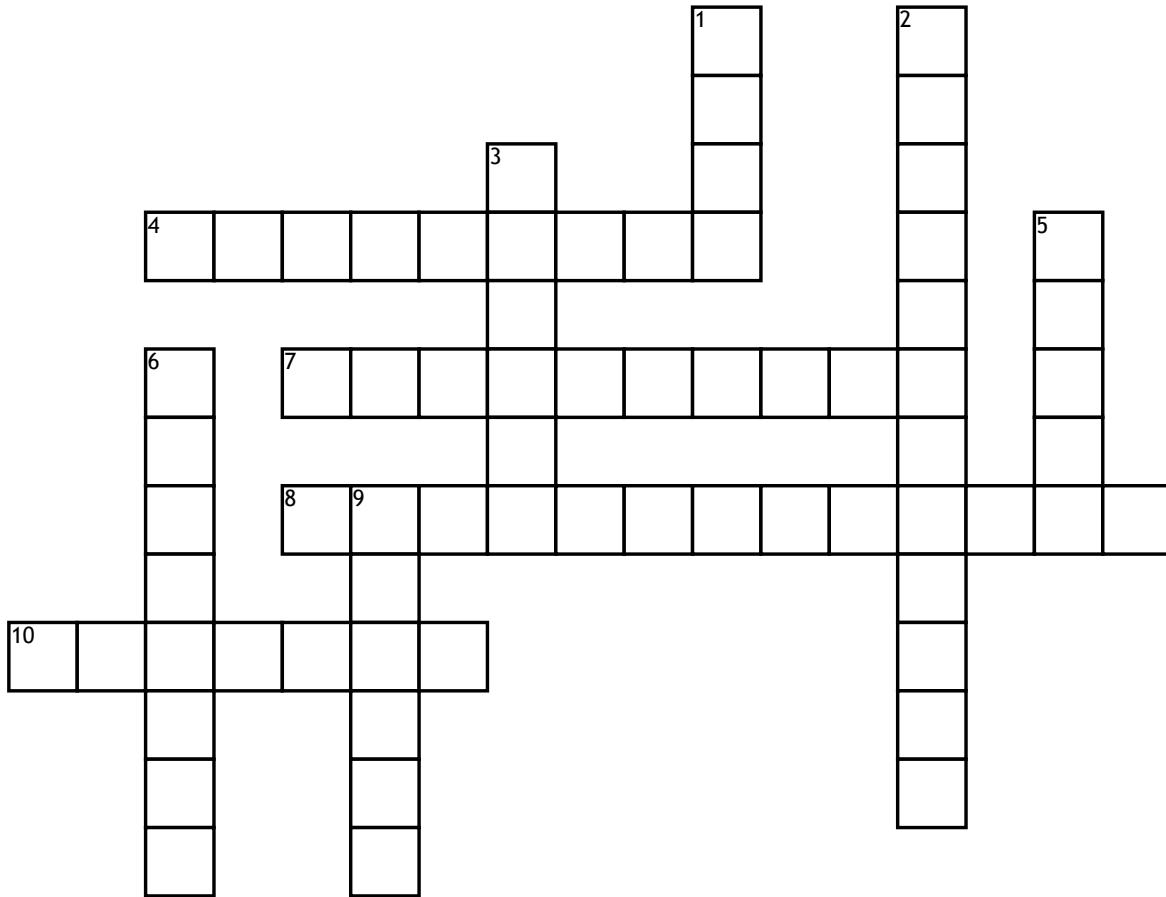


# Energy Balance and Weight Control



**Across**

- 4. Are the racial demographic that have the highest prevalence of obesity
- 7. Being \_\_\_ is defined by having extra weight from bone, muscle and body fat/water
- 8. BMI stands for (3 WORDS)
- 10. Central \_\_\_ is associated with increased risk of CVD

**Down**

- 1. Fat- Free \_\_\_ is body water, mineral rich tissues and protein rich tissues

- 2. \_\_\_ fat is a type of fat that insulates
- 3. Balance or Equilibrium
- 5. 20% of adults in the United States were \_\_\_ in 2017
- 6. \_\_\_ fat is belly fat that forms a protective barrier over organs
- 9. Energy \_\_\_ is the process where energy cells are used to carry out activities