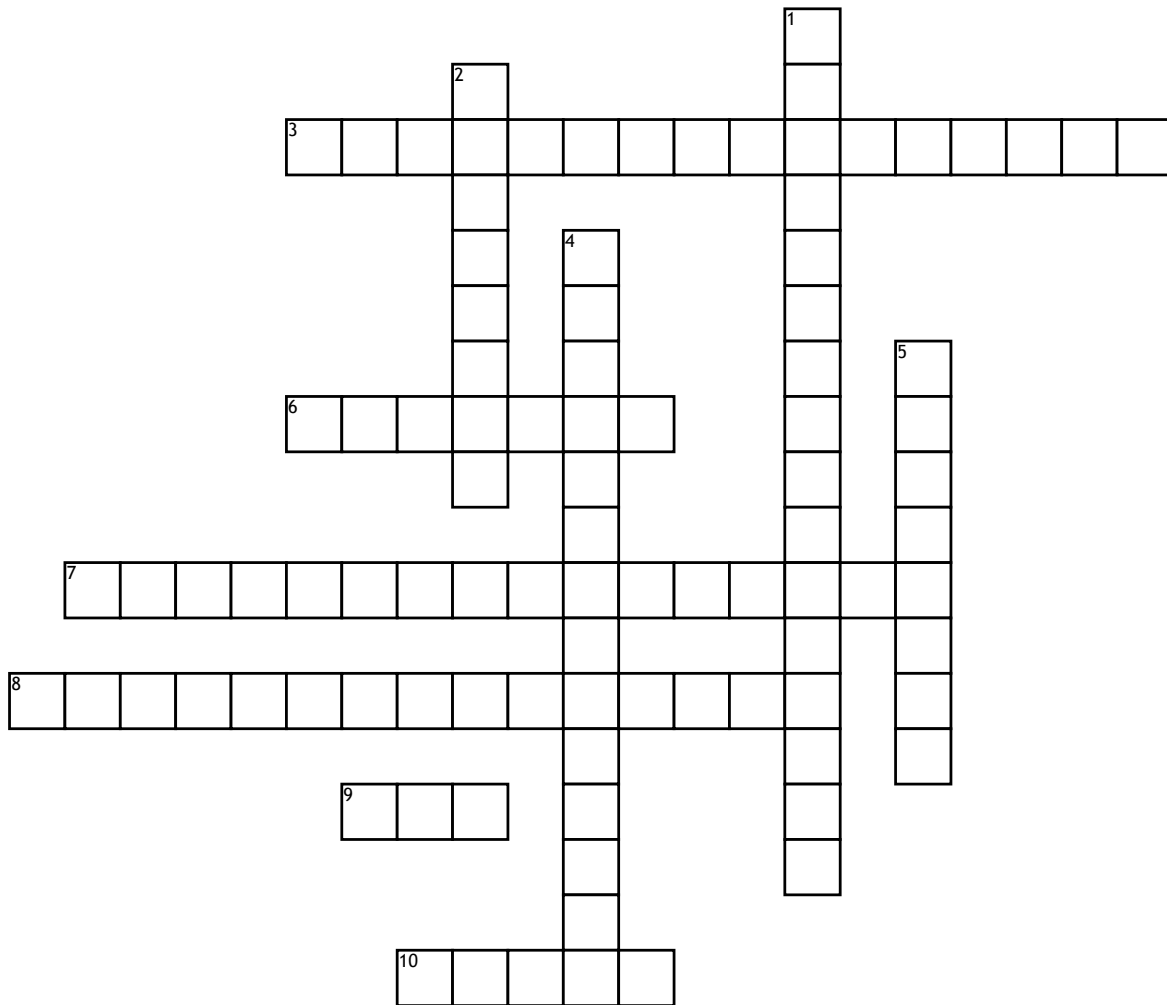


Final Life



Across

- 3. total amount of weight lifted determines a persons absolute strength
- 6. measures inflammation in the body
- 7. a healthy resting heart rate is below 72 beats per minutes
- 8. the ratio of fat to muscle, bone, and other tissues that compose your body
- 9. Frequency, Intensity, and Time

- 10. fresh fruits, veggies, nuts, seeds, whole grain, beans

Down

- 1. training in which an athlete alternates between two activities
- 2. Monounsaturated fats, Omega 3s (Nuts, seeds, fish, olive oil)
- 4. including the reductions of bottled juices, refined grain, white bread, cakes, and cookies
- 5. a disease that occurs when the body cant break down glucose properly