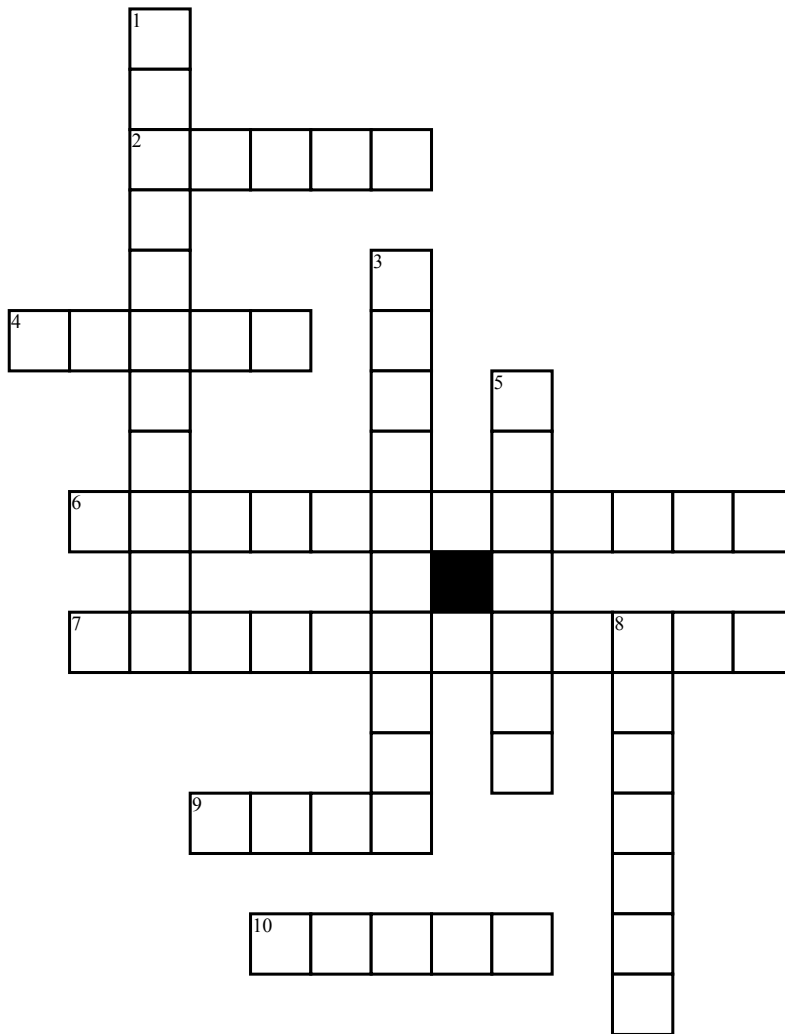


Name: \_\_\_\_\_

# Flyte Concepts 14, 15, 16



## Across

2. People with an extremely high BMI are labeled \_\_\_\_\_
4. Eating disorders, amenorrhea, and decreased bone mineral density are symptoms linked to female athlete \_\_\_\_\_
6. Body Mass Index is measured using what formula \_\_\_\_\_
7. The minimal amount of fat in the body necessary to maintain healthful living \_\_\_\_\_
9. Obesity not only contributes to early death but even greater losses in quality of \_\_\_\_\_

## Word Bank

Basal	Essential Fat	life	Obese
Height-weight	Triad	Good fitness	Fatness
Somatotype	Dietary		

10. Which metabolic rate is the largest component of total daily energy expenditure?

## Down

1. A male with a Body Mass Index between 17-25 is considered to be \_\_\_\_\_
3. A term that refers to a person's body type \_\_\_\_\_
5. A combination of regular physical activity and \_\_\_\_\_ restriction is the most effective means of losing body fat.
8. Fatness early in life leads to adult \_\_\_\_\_.