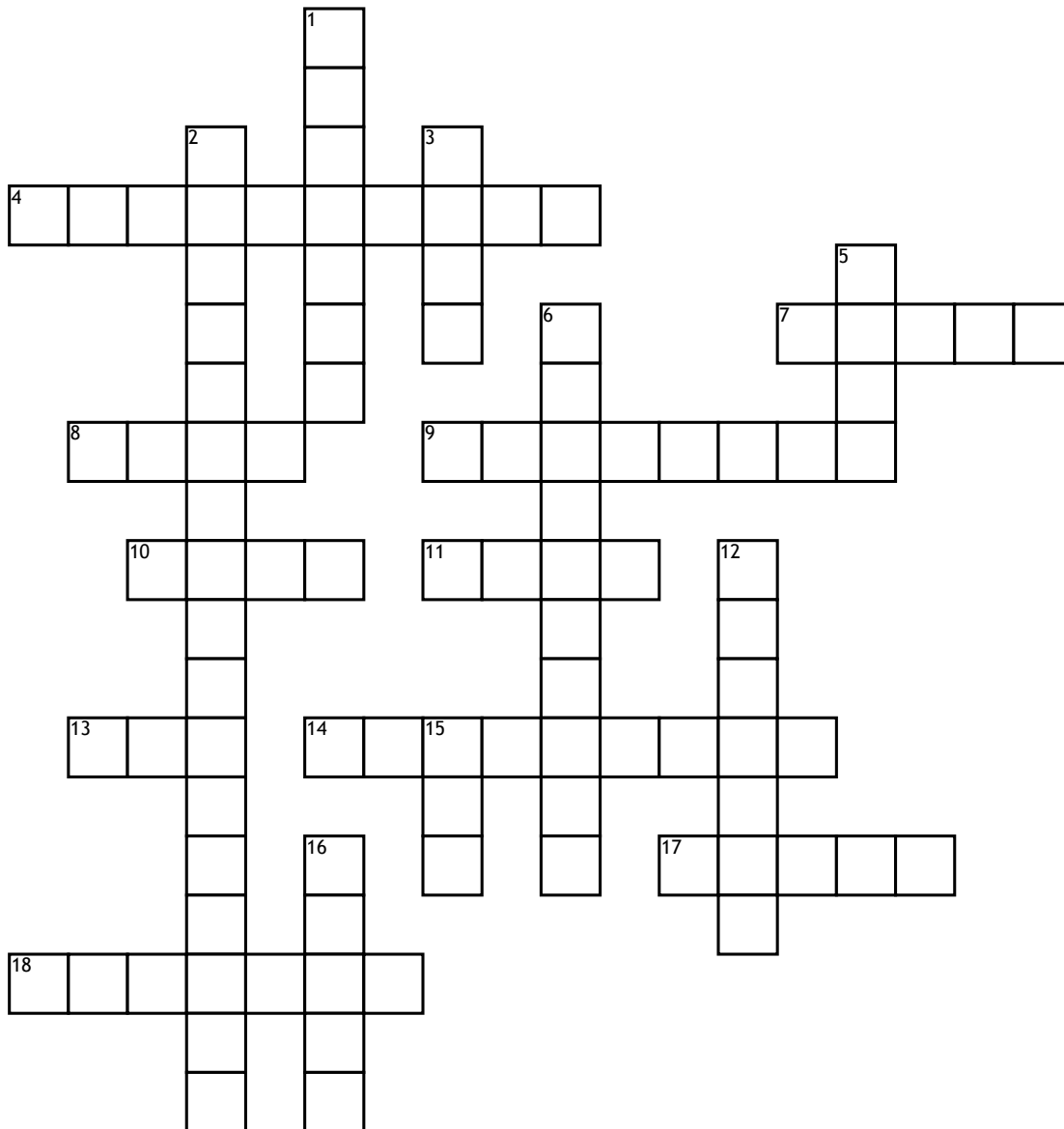


Name: \_\_\_\_\_

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

# Get Up & Move



## Across

4. The process your body uses to get or make energy from food you eat.

7. It's important to drink plenty of \_\_\_\_\_ to keep your body hydrated.

8. \_\_\_\_\_ down is when your body lowers its temperature following exercise.

9. \_\_\_\_\_ to vigorous physical activity

10. Soccer is a \_\_\_\_\_ sport.

11. You should always \_\_\_\_\_ up before being physically active.

13. Relationship between one's height and weight.

14. Fats, vitamins, minerals and proteins are examples of this.

17. Everyone should participate in \_\_\_\_\_ minutes of moderate to vigorous physical activity

18. A unit of measurement for energy.

## Down

1. \_\_\_\_\_ exercise is when the body uses oxygen for extended period time during exercise.

2. Type of fitness that measures the heart's ability to pump oxygen to the muscles.

3. Made up of what you eat and drink.

5. Your heart \_\_\_\_\_ is how many times your heart beats during a period of time.

6. Natural feeling of well-being are made up of these hormones.

12. Beans, nuts, ham, and beef are part of what food group?

15. How many servings of fruits should you eat each day?

16. This food group helps strengthen your bones.