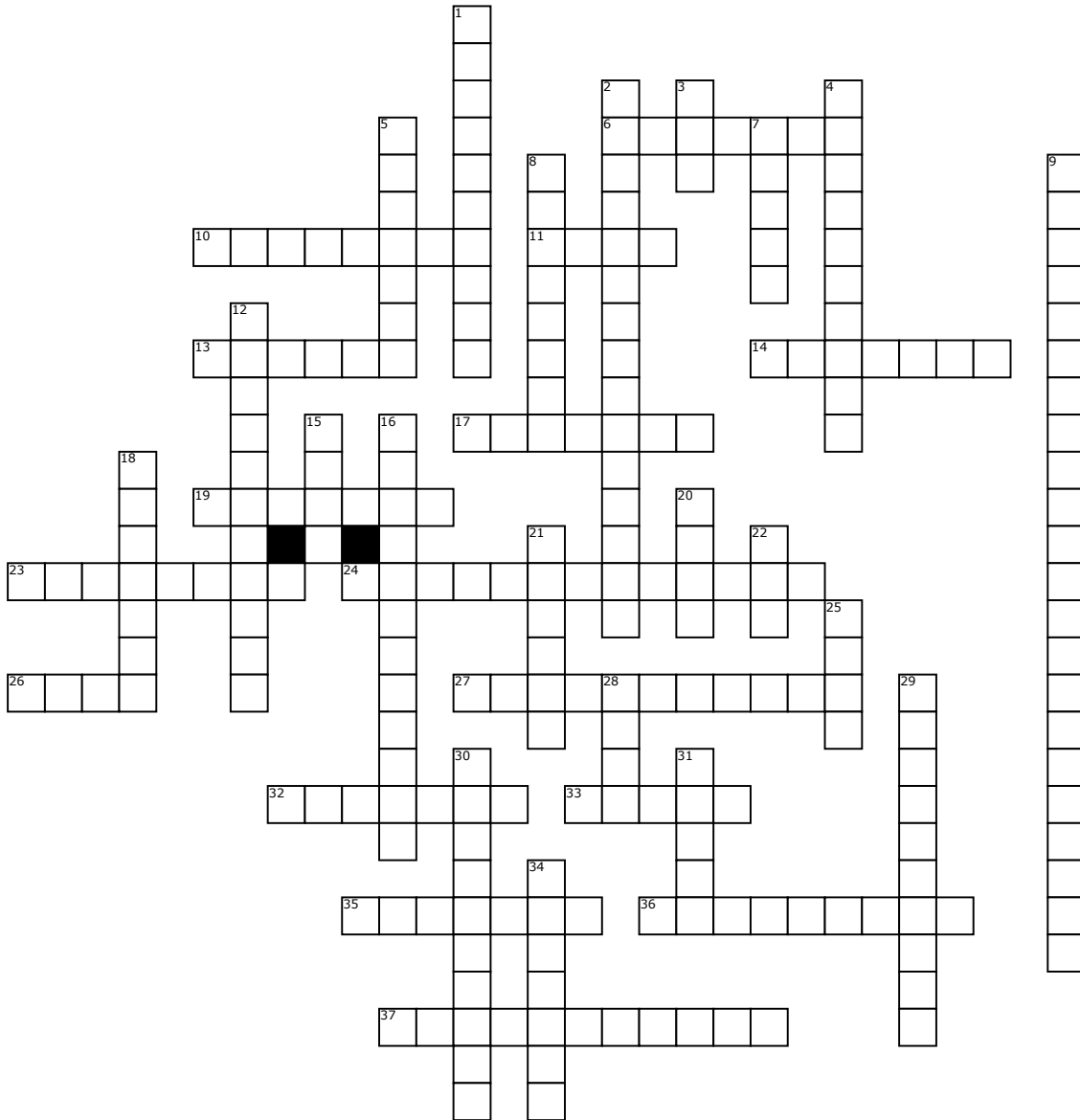


HEALTH



Across

- 6.** power to do something
10. Olivia-Newton John song
11. speed of heartbeat (2 words) heart
13. sweet product of a tree or other plant that contains seed and can be eaten
14. even distribution of weight
17. essential hormone for the maintenance level and metabolism of blood
19. heavy object, especially one being lifted or carried
23. the amount of effort required for an activity or
24. measure of obesity, value of weight and height (3 words)
26. abs, lower back, obliques, and hips
27. refers to insufficient intake of fluids, especially water
32. large muscle of buttocks

- 33.** index noting how quickly a food is converted into glucose in the blood stream (2 words) glycemic
35. person working to develop large muscles (2 words) body
36. remain upright and steady
37. flex and extend the body's joints through their full range of motion

Down

- 1.** study of how the human body functions
2. bodily activity enhancing/maintaining physical fitness and overall
3. lifesaving medical technique
4. exercise machines for walking or jogging
5. arm muscle used in straightening the elbow
7. a colorless, transparent, odorless, tasteless liquid
8. exercises that stimulate/strengthen the heart and lungs
9. exercise that elevates the heart rate (2 words)

- 12.** increase in intensity, frequency and/or duration of an activity
15. physical, mental, and spiritual practices originated from India
16. vitamins, minerals and nutrients that protect the body against free radicals
18. persevere
20. healthy state of tension, build one's muscle up
21. internal Chinese martial art
22. weightlifting unit consisting of a number of repetitions
25. chromosome unit
28. doing gentle exercises after a rigorous workout (2 words) cooling
29. desire to do things
30. extra dietary to enhance one's food intake
31. a muscular organ in which pumps blood through the blood vessels of the circulatory system
34. a plant or part of a plant used as food