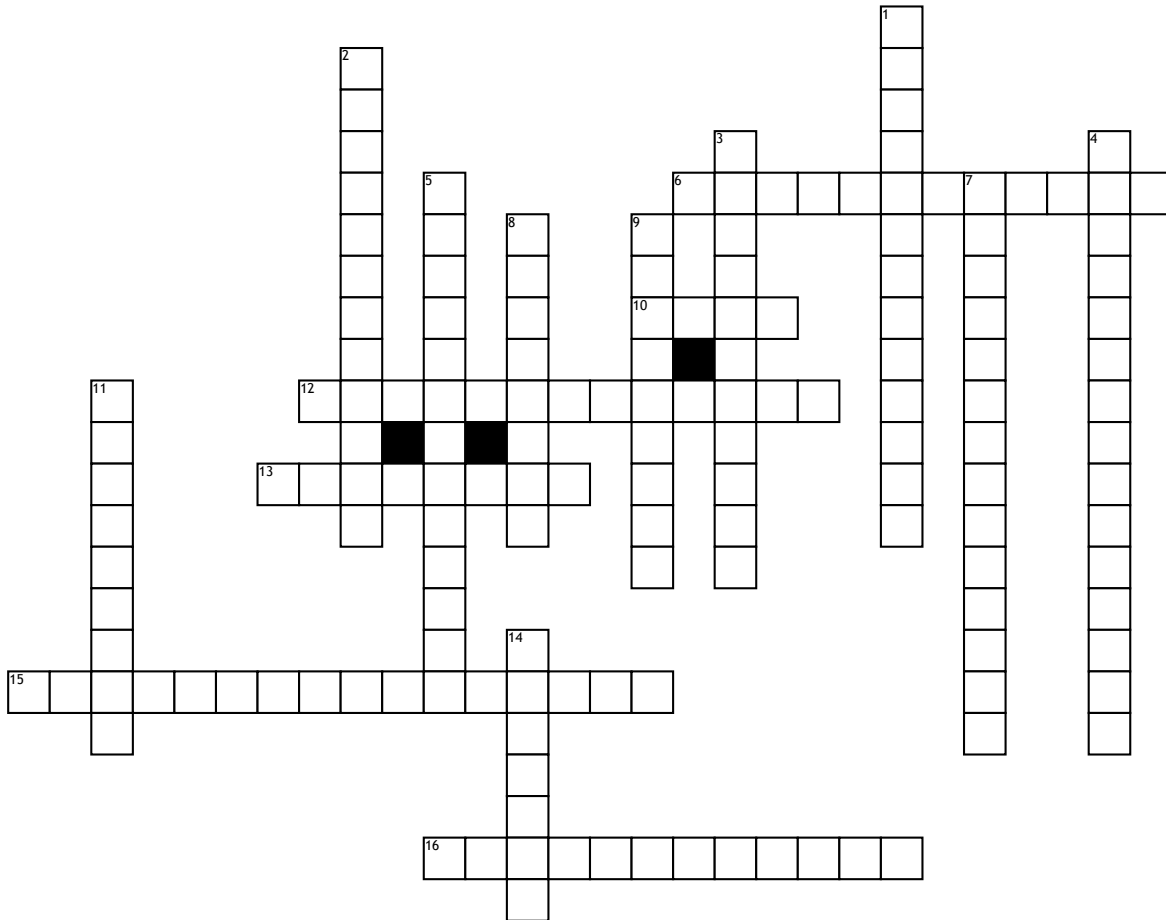


Name: \_\_\_\_\_

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

# Health 2



## Across

- 6. exercise that improves fitness for sports
- 10. pattern of eating
- 12. doing different kinds of exercises during conditioning
- 13. substance in food the body needs to work properly
- 15. tool to help choose what kinds of foods to eat
- 16. condition caused by too much exercise

## Down

- 1. ability to treat all players, officials, and fans fairly during competition
- 2. chemical composed of one or more simple sugars, starches, and fiber
- 3. contest between 2 or more individuals or teams
- 4. eating disorder that involves self-starvation, unhealthy body image, and weight loss
- 5. injury that happens because of too much exercise, poor form, or wrong equipment
- 7. condition of committing too much time to one or more activities
- 8. trying to win by breaking the rules
- 9. the way that you see yourself
- 11. process of breaking down food
- 14. diet that promises quick weight loss with little effort