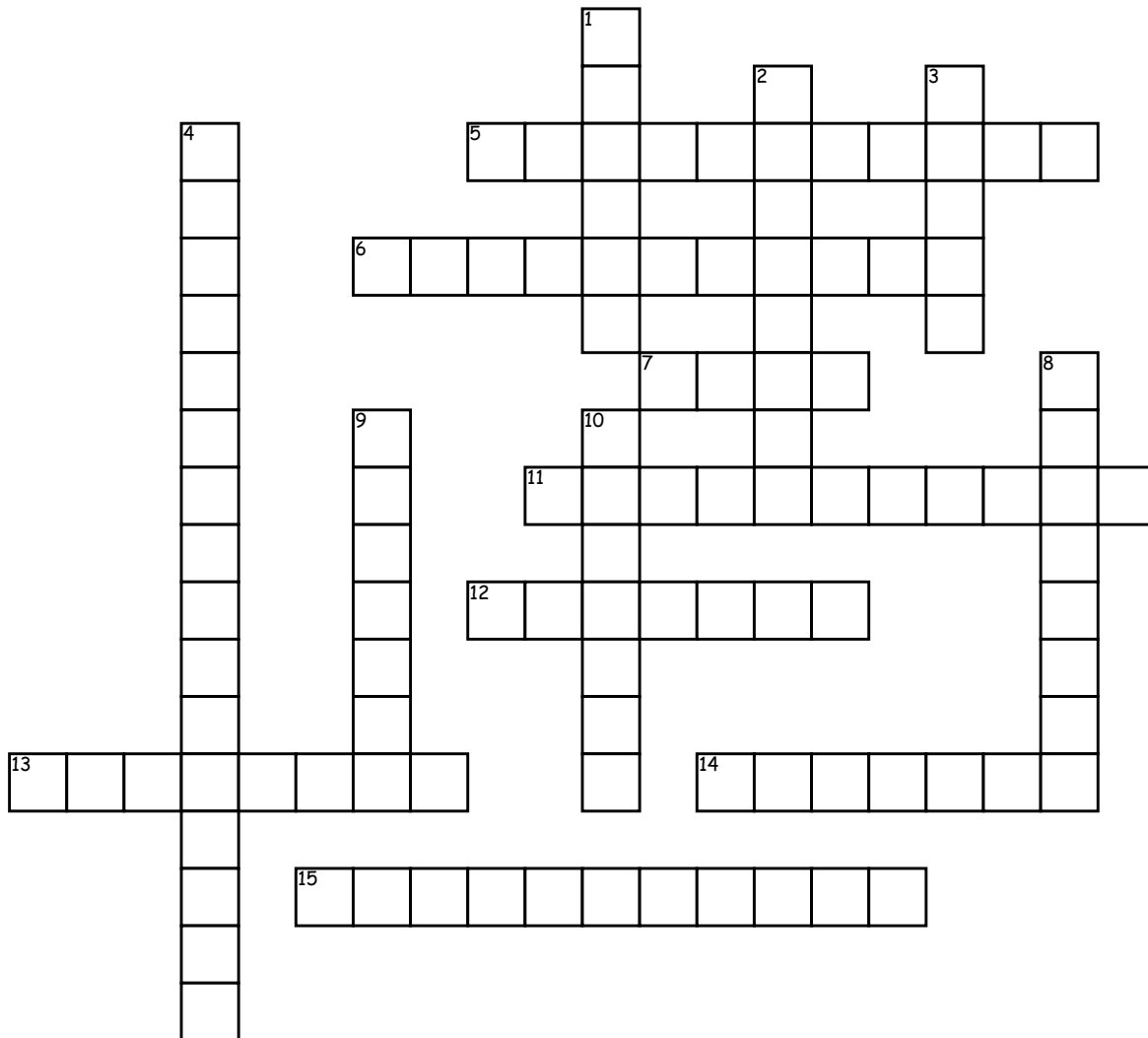


Health Warm Up



Across

5. Out of the three disorders, which one ultimately leads to weight gain

6. period in life with the fastest and most growth

7. The main nutrient with sub-categories of saturated and unsaturated

11. sickness from a lack of water that can lead to cramps, fatigue, and confusion

12. The main nutrient that helps to build, repair, and maintain cells

13. The psychological need/desire for food

14. The eating disorder that leads to vomiting after binge eating

15. This component of fitness is important because it helps to prevent strains, tweaks, and aches

Down

1. The body's physical need for food

2. Muscular Endurance helps your muscles carry out a (repeated/single) action without getting tired

3. Your body can't digest this main nutrient

4. Lifting weights is an example of this component of fitness

8. The eating disorder that causes rapid weight loss due to a fear of gaining weight

9. Body Composition is the amount lean body tissue (muscles, bones, nervous tissue, skin, blood, and organs) compared to this

10. The type of activity (aerobic/anaerobic) that lasts for 2 or more minutes