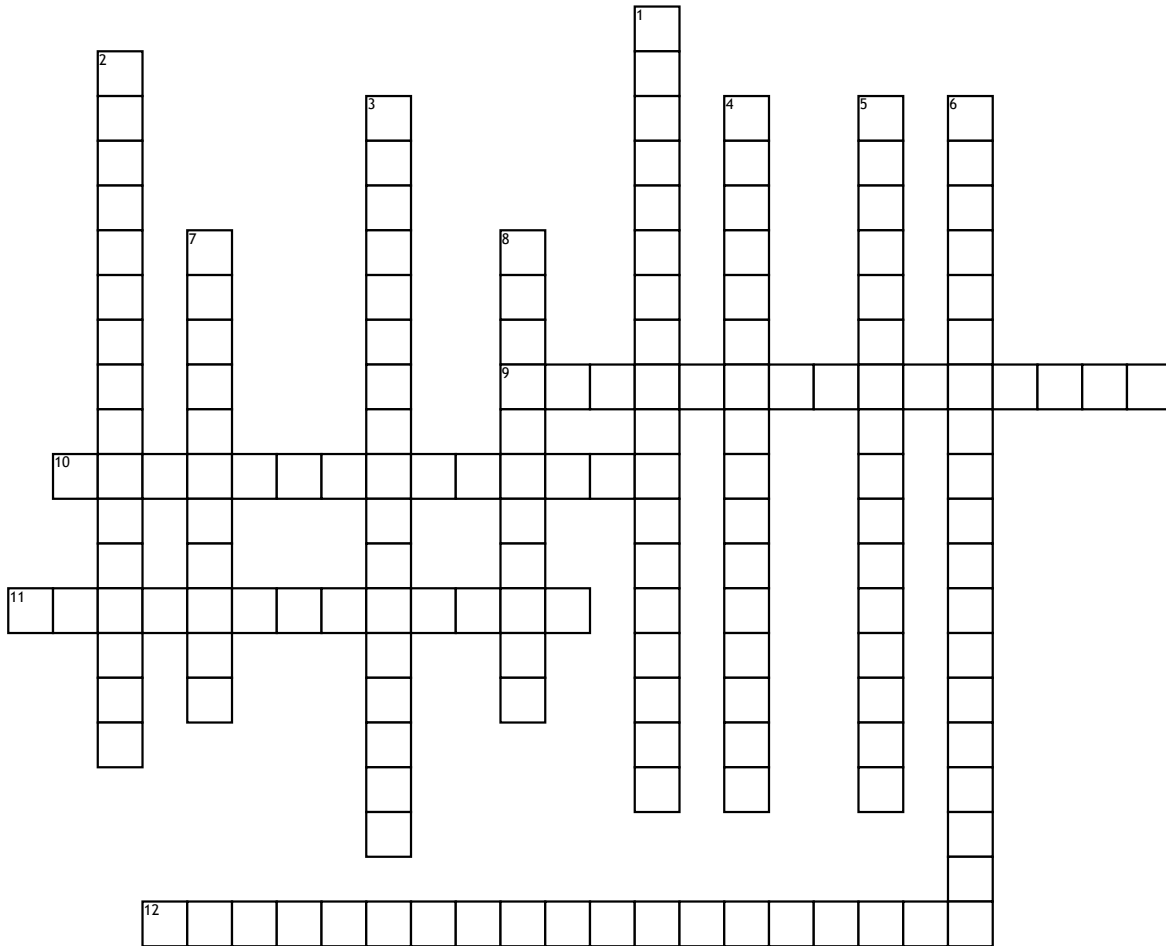


Long term effects of exercise



Across

- 9. the amount of exercise able to do without oxygen
- 10. how long it takes to recover
- 11. the volume of blood being pumped by the heart
- 12. The increase of a cell muscle growth

Down

- 1. Muscles that help contribute with breathing
- 2. heart rate when relaxed
- 3. The amount of time someone can remain active
- 4. increase in a type of blood vessel

- 5. the strength of someone
- 6. Extended periods of training for example running
- 7. the density of an object in the skeletal system
- 8. the amount of air able to inhale and exhale by the lungs