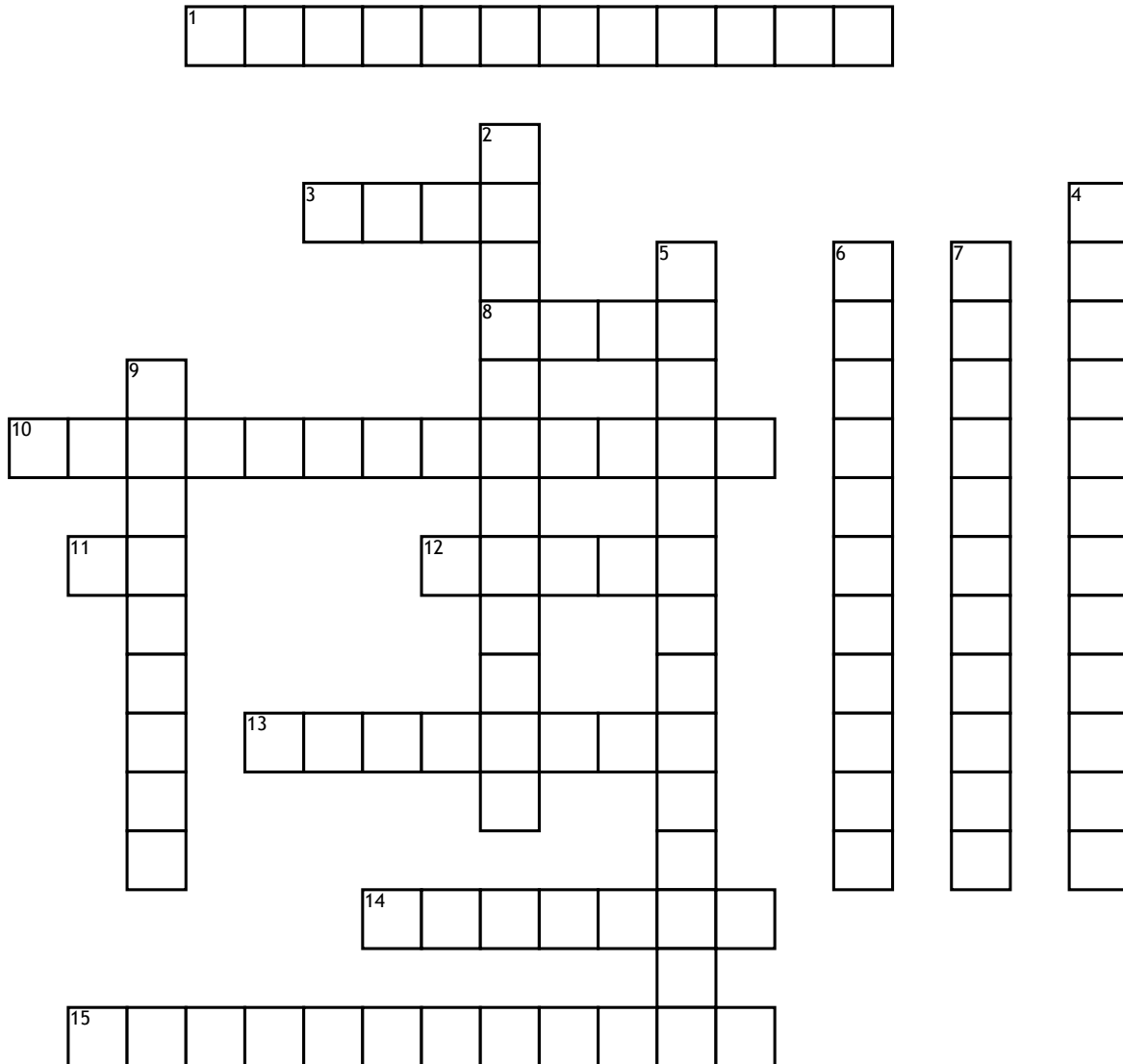


Name: _____

Date: _____

Long term, short and diet



Across

- 1. Disease characterised as loss of bone mass and change in structure that makes bone porous
- 3. What side of the heart carries oxygenated blood?
- 8. Point where lactic acid accumulates
- 10. Receptor that detects chemical
- 11. How much water is needed to be consumed before exercise

- 12. Carbohydrates that release energy slowly
- 13. Connective tissue that connects bone to bone
- 14. Macronutrient needed for muscle repair
- 15. Process that can be used to increase glycogen stores in the body

Down

- 2. Increase in volume of the heart the heart ejects
- 4. Rate blood returns to the heart

- 5. Process that widens blood vessels

- 6. Decrease of heart rate below 60 bpm is know as

- 7. Blood cells that carry oxygen

- 9. Stage of carbo loading when glycogen stores reduced with high intensity training and decrease consumption of carbs