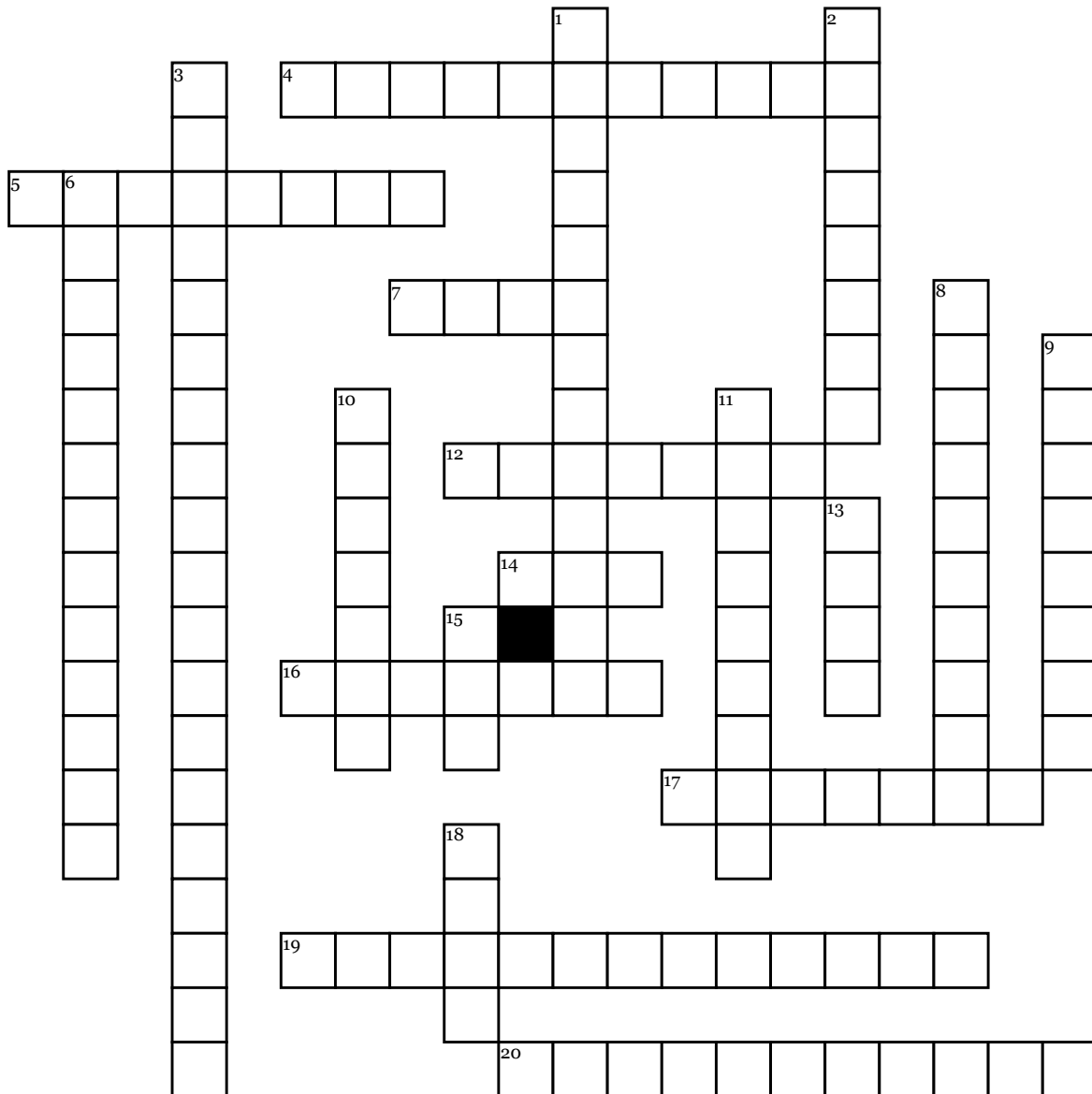


Name: _____

Metabolism and Exercise



Across

4. What is the key ingredient in CytoMax

5. Which hormone is a stress hormone and increases BP

7. to lose weight, train at _____ intensity

12. Glucagon is a _____

14. What is the energy currency in the body

16. Fat is mostly stored in the muscles and _____ tissue

17. What can develop if there are not enough OAA to interact with Acetyl CoA

19. McArdles syndrome results in the lack of which enzyme

20. Which hormones is secreted from adipose tissue

Down

1. Which macronutrient can be synthesized nonaerobically

2. RQ occurs at which level

3. The TCA cycle occurs in the _____

6. What is one of the nine foundational movements

8. Which enzyme converts glucose to G6P

9. What is the first principle of training

10. The ETC has the "bucket _____"

11. Lactate oxidation _____ with more exercise

13. How many times a week do you need to lift heavy to maintain strength

15. What is the abbreviation for "excess postexercise oxygen consumption"

18. If you don't use it, you _____ it