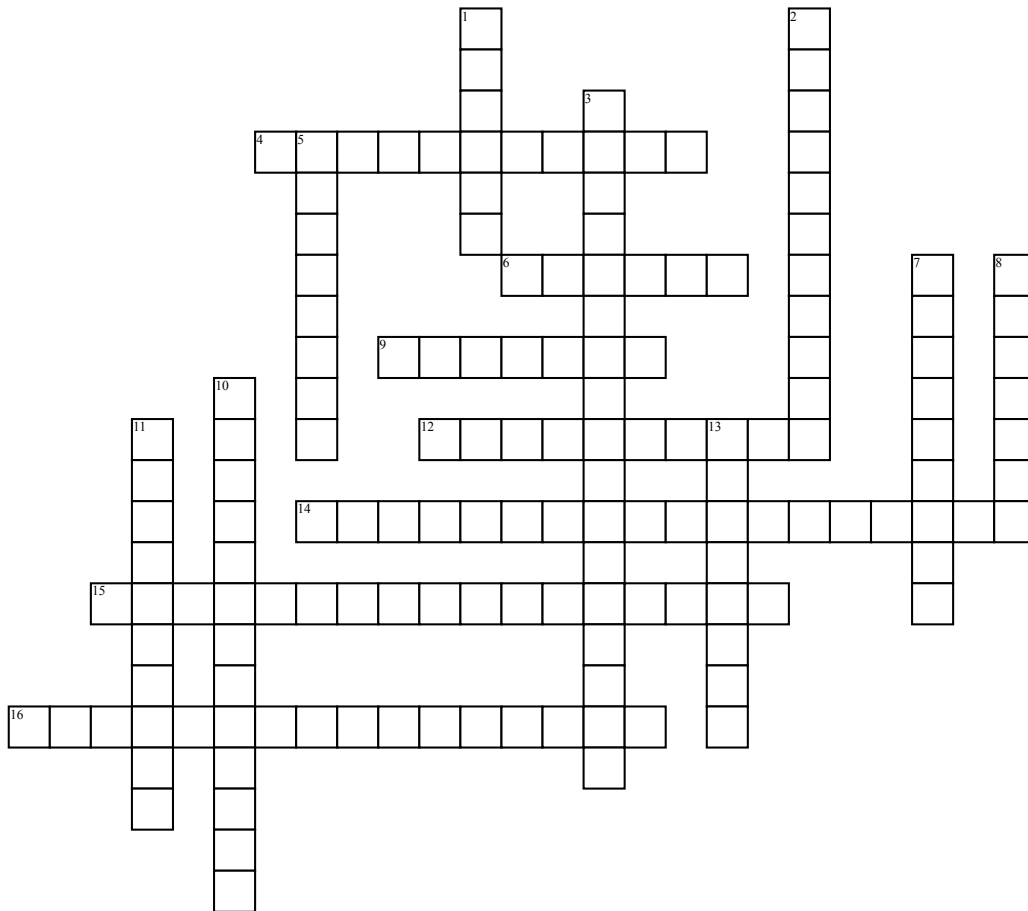


Nutrition and Physical Activity~Keys to Good Health



Across

4. Altering training and carbohydrate intake so muscle glycogen storage is maximized
 6. Activities that prepare you for an exercise session, including stretching and movements specific to the exercise you will engage in
 9. _____ supports proper muscle contraction and ensures bone health.
 12. Compound that results when pyretic acid is metabolized
 14. Another term for sweating, primary way in which we dissipate heat

15. Activities that cause noticeable increase in breathing, sweating an heart rate

16. Any movement produced by muscles that increases energy expenditure

Down

1. _____ is a five carbon sugar that is critical to the production of ATP.
 2. Primary end product of glycolysis
 3. Activities that produce significant increases breathing, sweating, and heart rate. Talking is difficult when at this intensity
 5. Term used for substance that builds muscle and increases strength

7. The amount of effort expended during the activity, or how difficult the activity is perform

8. Practice of consistently eating small meals throughout the day

10. Substances used to improve exercise and athletic performance

11. Breakdown of Glucose

13. Supplement that has become wildly popular with strength and power athletes

Word Bank

Moderate Intensity

Creatine

Lactic Acid

Ergogenic aids

Calcium

Anabolic

Grazing

Warm Up

Glycolysis

Pyruvic Acid

Vigorous Intensity

Carb Loading

Intensity

Ribose

Evaporative Cooling

Physical Activity