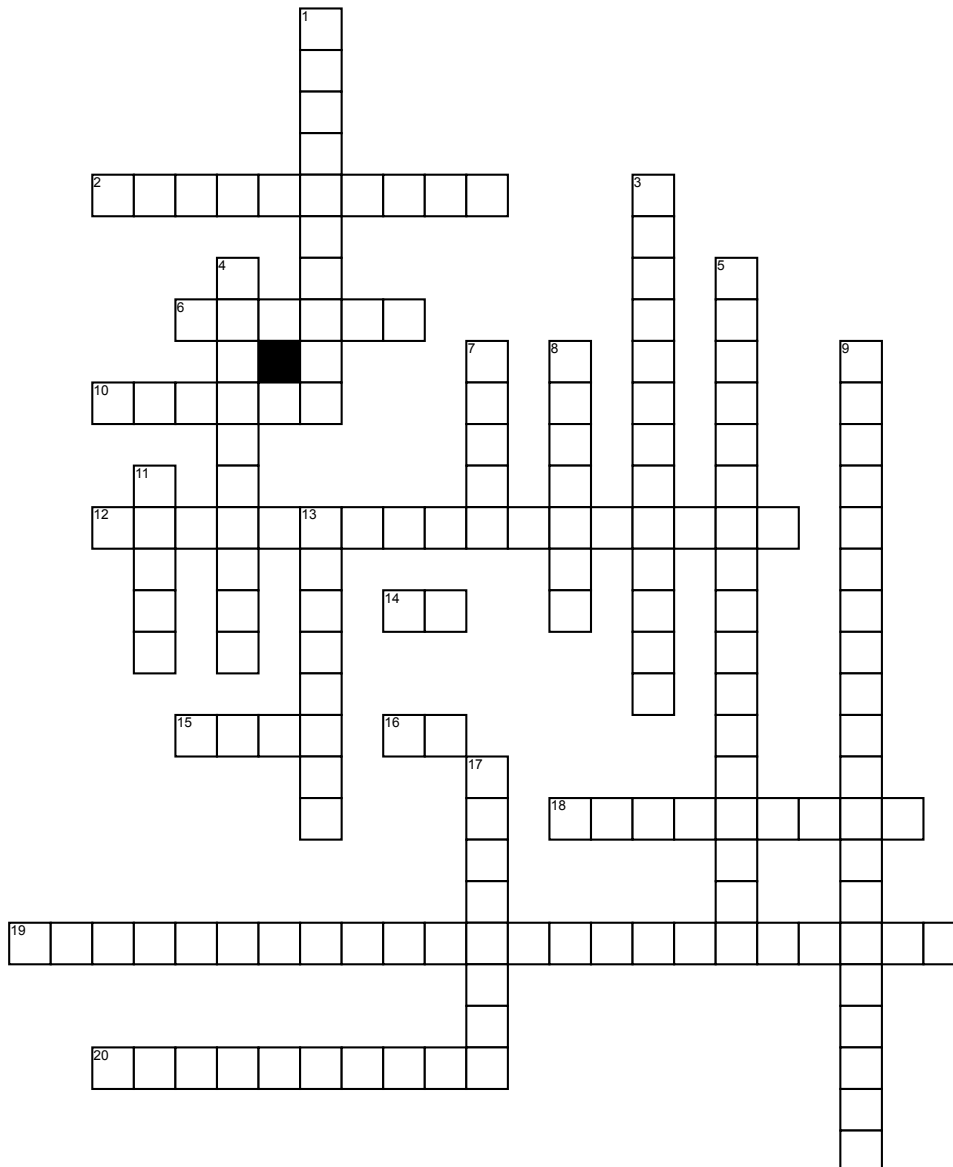


Name: \_\_\_\_\_

# Sport crossword



## Across

- 2. How much exercise should children do weekly
- 6. What condition results in chest pains and is a symptom of CHD, (it starts with an A)
- 10. What occurs when brain tissue dies or ruptures
- 12. What is hypertension
- 14. How many hours of sleep should the average human get?
- 15. How many food groups are there

16. What % of the body do fluids take up

18. Is acute short or long term?

19. What is WHO

20. How much exercise should adults do weekly

## Down

1. What hormone increases heart and metabolic rate

3. What is BP

4. What is the main stress hormone in the body

5. What chemical substance releases impulses through synapses

7. What can depression have an effect on ( starts with an S)

8. What is the feeling of apprehension

9. What is CHD

11. Tiny hairs that protect the respiratory system

13. Is chronic short or long term?

17. How often should you eat