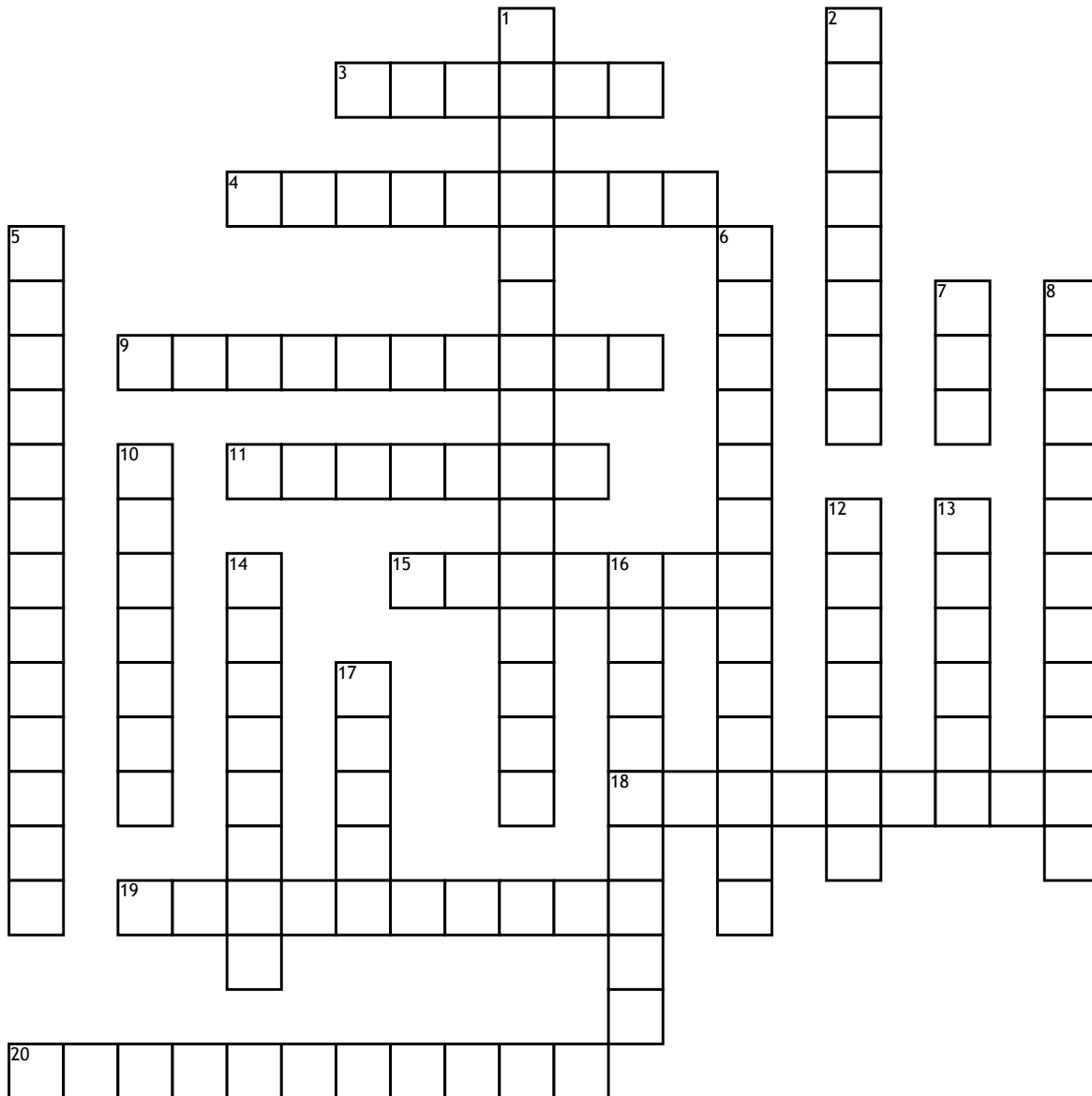


Sports Med Review



Across

3. Being considered obese by the Body Mass Index means you have a BMI of _____ of higher
4. When the muscle is worked less and becomes smaller
9. Moving joints beyond normal range of motion
11. Eating disorder classified by binge eating
15. Training process done purely with the mind
18. _____ motivation comes from within
19. When setting personal goals, it is important to set _____

20. Most effective way of building self-confidence

Down

1. Trying to prevent injuries before they occur
2. A persistent and irrationally fear of a specific situation
5. Indigestible component of plant material that humans consume
6. The body's prime source of fuel
7. Preseason conditioning begins _____ to eight weeks prior to sports participation

8. An unexpected and unprovoked emotionally tense experience of terror or fear

10. _____ is found in every cell
12. Energy is measured as a _____
13. Too much _____ can hinder performance
14. Disorder characterized by the an abnormal fear of being obese
16. Driven by some type of external rewards
17. _____ is the most important nutrients