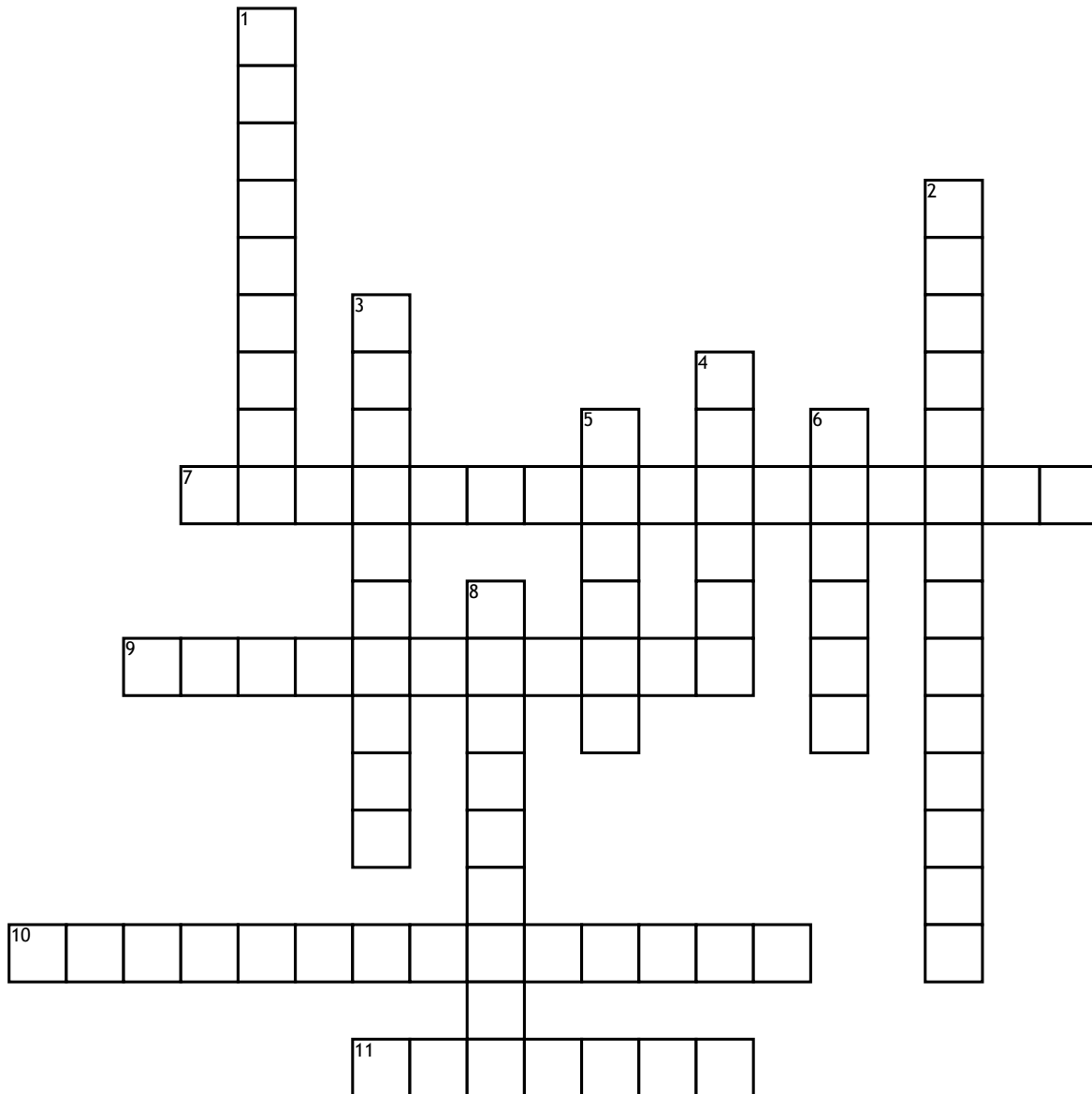


personal fitness



Across

7. Basic assessment of a persons overall health and personal fitness

9. A condition in which your body temperature drops below normal

10. Is a break in the bone caused by overuse

11. Medical condition in which a persons ratio of body fat

Down

1. Tissue damage from freezing

2. Is a disease that is ongoing

3. Is the normal outward roll of the foot as it hits the ground

4. A condition that occurs when muscle fibers from the intestine protrude through the walls of the abdomen

5. Is a disease in which the small airways of the lungs to become narrowed making it difficult to breathe

6. A condition that occurs when muscle fibers from the intestine protrude through the walls of the abdomen

8. Restore loss water