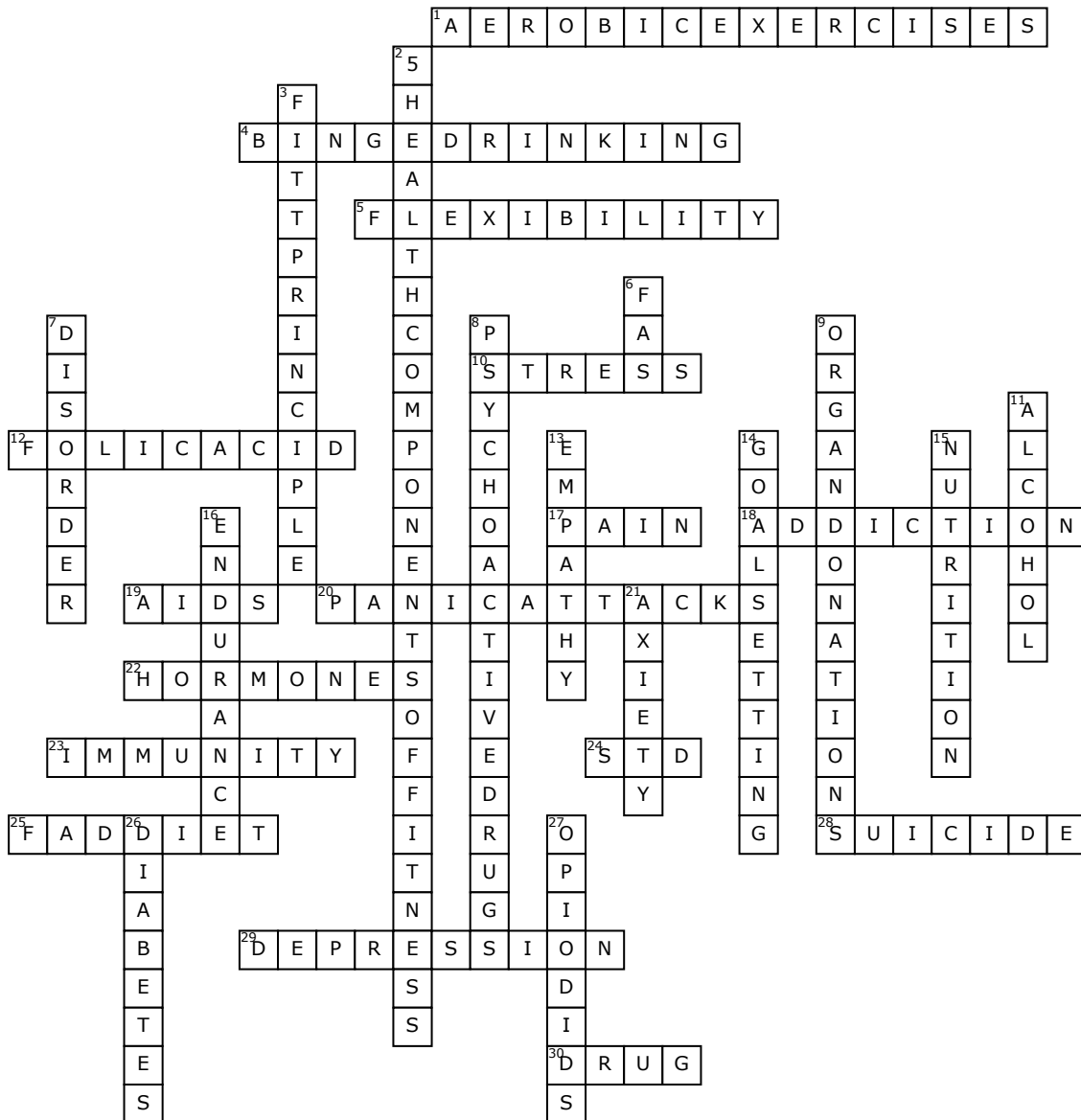


Health Exam Practice



Across

1. "use of oxygen to adequately meet energy demands during exercise via aerobic metabolism"
4. "the consumption of an excessive amount of alcohol in a short period of time"
5. Range of motion
10. A state of mental tension
12. accurate synthesis of DNA and normal cell division throughout life, including during pregnancy
17. An unpleasant sensation of discomfort
18. A condition having a craving and pleasure factor on item or activity
19. severe loss of the body's cellular immunity
20. " sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause"
22. a regulatory substance produced in an organism to stimulate specific cells or tissues into action.

23. Protection to avoid something

24. Sexually Transmitted Disease

25. " diet that makes promises of weight loss or other health advantages such as longer life without backing by solid science, and in many cases are characterized by highly restrictive or unusual food choices"
28. Killing yourself intentionally
29. Consistant saddness and loss of interest
30. chemical substance used to treat, cure, prevent, or diagnose a disease or to promote well-being

Down

2. Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, Body Fat Composition
3. dictates the frequency, intensity, type and time of exercise
6. fetal alcohol syndrome
7. disruprtion in an individuals cognition

8. chemical substance that affects brain performance

9. "when a person allows an organ of theirs to be removed, legally, either by consent while the donor is alive or after death with the assent of the next of kin"
11. " flammable liquid that is produced by the natural fermentation of sugars and is the intoxicating"
13. Ability to understand others pain
14. Making plans to work towards
15. " providing or obtaining the food necessary for health and growth"
16. Ability to go for a long time without getting tired
21. a nervous disorder with unease and panic attacks
26. incorrect balance of blood sugar levels
27. "a compound resembling opium in addictive properties or physiological effects."