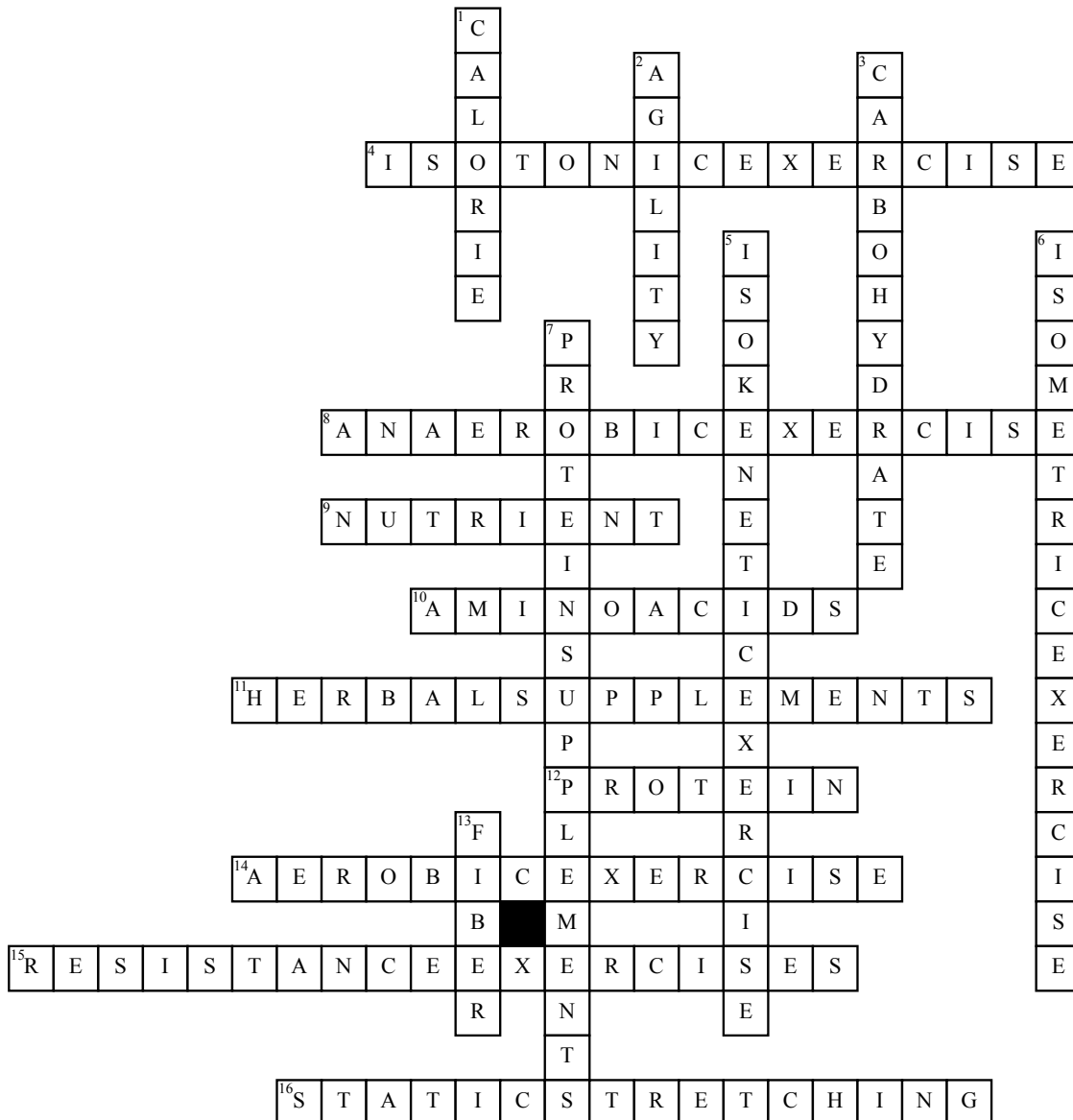


Thing



Across

4. an exercise in which a muscle or muscles moves against resistance weight and/or gravity 8-15 times

8. an exercise in which the body's demand for oxygen is greater than what is available during exertion

9. A substance in food that helps with body processes

10. The building blocks that make up proteins

11. supplements that contain extracts or ingredients from the roots, berries, seeds, stems, leaves, buds, flowers of plants

12. a nutrient that is needed for growth, and to build and repair body tissues

14. an exercise in which large amounts of oxygen are required continually for an extended period of time

15. exercises in which a force acts against muscles

16. i stretching the muscle to a point where a pull is felt and holding the stretch for 15-30 seconds

Down

1. a unit of energy produced by food

2. the ability to rapidly change the position of the body

3. a nutrient that is the main source of energy for the body

5. an aexercise that uses special machines to provide weight resistance through the full range of motion

6. an exercise in which a muscle is tightened for about 5-8 seconds and there is no body movement

7. a product taken orally that contains proteins that are intended to supplement one's diet and are not considered food

13. the part of grains and plant foods that cannot be digested