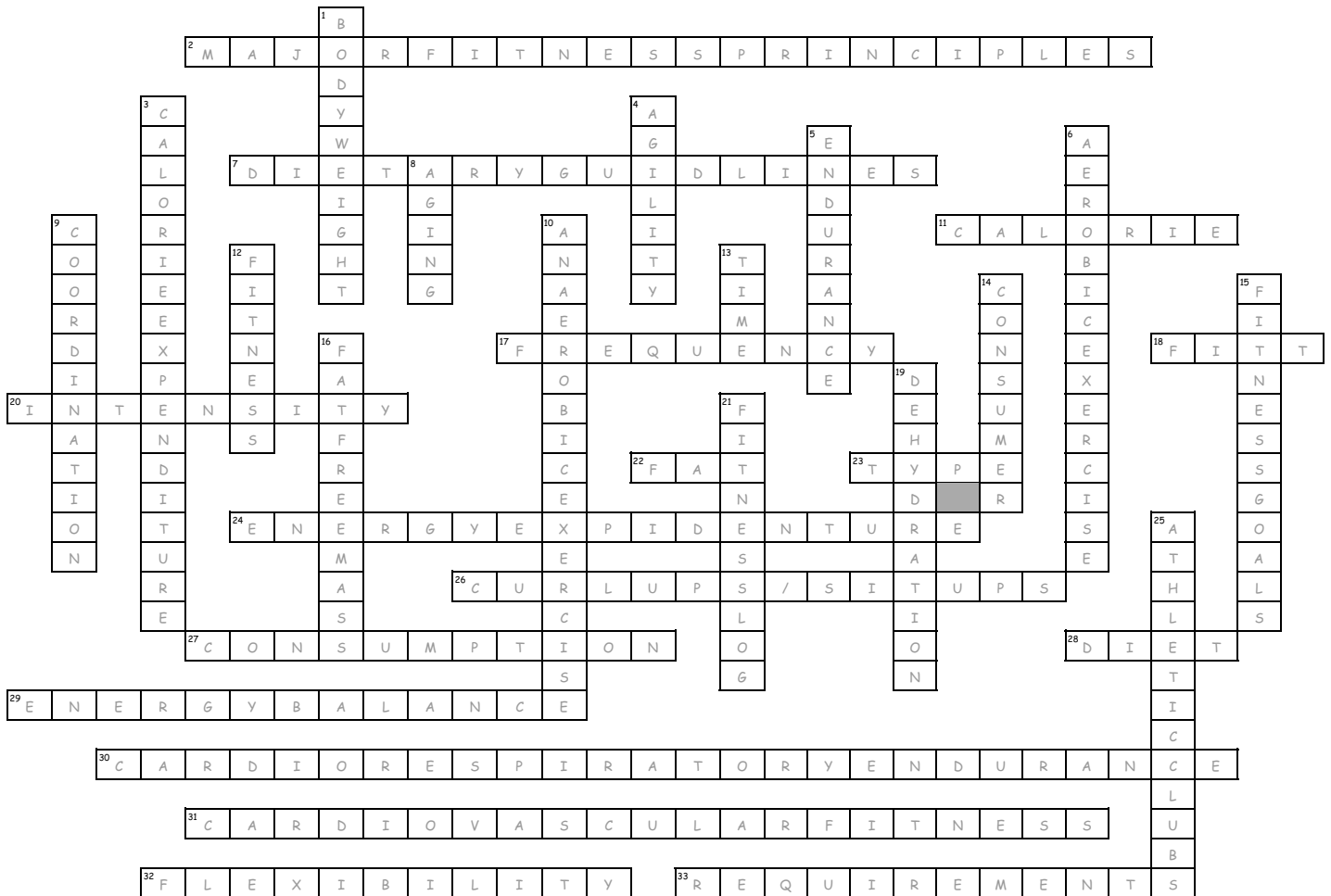


# Health and Fitness



## Across

2. Diminishing return: more harm than good, body fights itself due to improper recovery or poor nutrition; overload: to improve do more than what's normal; progression: gradually increase amount and intensity; reversibility: benefits lost when fitness stops; rest & recovery: time to rest to rebuild and recover; warm up: gets body ready for exercise & prevents injury (increase body temp., stretch large muscles to increase elasticity); specificity: specific types of exercise improve specific fitness or muscles; cool down: activities to recover after workout (heart cool down, muscle cool down, and stretch)
7. Suggestion for following healthy eating and active living
11. Unit of energy in food
17. How often
18. Frequency, intensity, time, type
20. How hard
22. Nutrient provides energy, helps growth, repairs cells, dissolves and carries vitamins to cells
23. Which activity
24. Amount of calories used up
26. Measurement of strength and endurance of ab. muscles
27. Taking food into body through mouth
28. Avoiding junk foods to improve body comp. and balance intake of nutrients
29. Amount of food energy = amount energy being used
30. Ability of heart, lungs, and blood vessels to use and send fuel and oxygen to body during long periods of moderate-to-vigorous activity
31. Ability of heart, lungs, and organs to consume, transport, and utilize organs (exercise regularly to increase)
32. Ability to move joints through rom (improved through daily stretching)
33. Boy=3000; girl=2300 CALORIE

## Down

1. Intake =calorie expenditure
3. Calories used during exercise
4. Ability to change position of body quickly & control body's movements
5. Ability to perform tasks over period of time
6. Steady activity; heart can supply oxygen muscles need.
8. Physical changes(+ or -) metabolism (slows; weight gain), injuries(reduce options), osteoporosis(bone density; limits options), decreased muscle mass (influences strength options)
9. Ability to use senses with body parts or 2 or more body parts together
10. Activity in short, fast bursts & heart can't supply blood and oxygen fast enough
12. Ability of body to perform activities
13. How long
14. Person who buys or used products or services
15. What you want to physically accomplish
16. Everything but fat
19. Lack of water
21. Notebook to record days, amount, monitor amount, set & achieve goals, avoid repetition, watch improvements, and track food FITNESS
25. Business to help people improve fitness levels(will it meet needs? Is there qualified staff? Is equipment taken care of?)