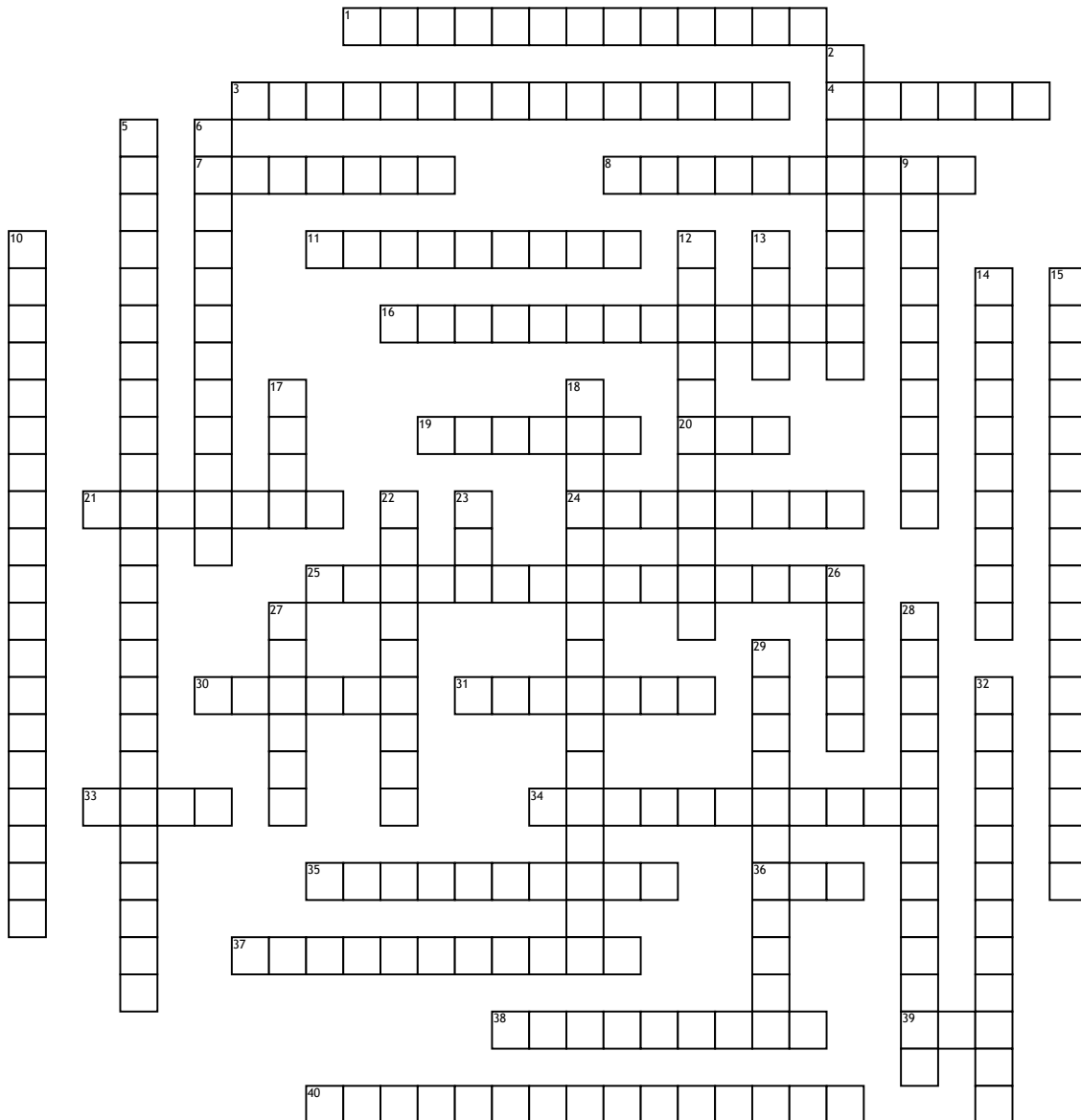


Name: _____

Ch 10-11 Crossword Puzzle



Across

- 1. BMI of 40 or more
- 3. includes broken bones and torn ligaments
- 4. appetite regulator
- 7. feeling of fullness
- 8. BMI of 50 or more
- 11. number of training sessions per week
- 16. average body weight
- 19. 5-15 mins before a workout
- 20. basal metabolic rate
- 21. stretching against resistance
- 24. 5-15 mins after a workout
- 25. health, well-being, and ability to preform aspects of sports
- 30. stretch, balance, coordination, meditation
- 31. higher body weight

Down

- 2. global rates of obesity
- 5. whole-body activity for a long period of time
- 6. fat necessary for maintenance
- 9. nonessential weight
- 10. excessive fat cells
- 12. range of motion
- 13. exercise involves mental and physical aspects
- 33. principle of exercise
- 34. taken in-between exercises
- 35. BMI of 25-29.9
- 36. energy expenditure during exercise
- 37. swelling or increasing in size
- 38. rate at which you workout
- 39. energy expenditure of rest and daily activities
- 40. proportions of fat and lean tissues

Across

- 14. conditions that promote obesity
- 15. repeating muscle contractions without getting fatigued
- 17. name for the treatment for an acute injury
- 18. maximum force a muscle can handle
- 22. when one diets then regains weight
- 23. number for body weight
- 26. goals that are achievable and realistic are
- 27. increases range of motion
- 28. due to day-after-day stresses on muscles
- 29. low body weight
- 32. celebrity know for yo-yo dieting