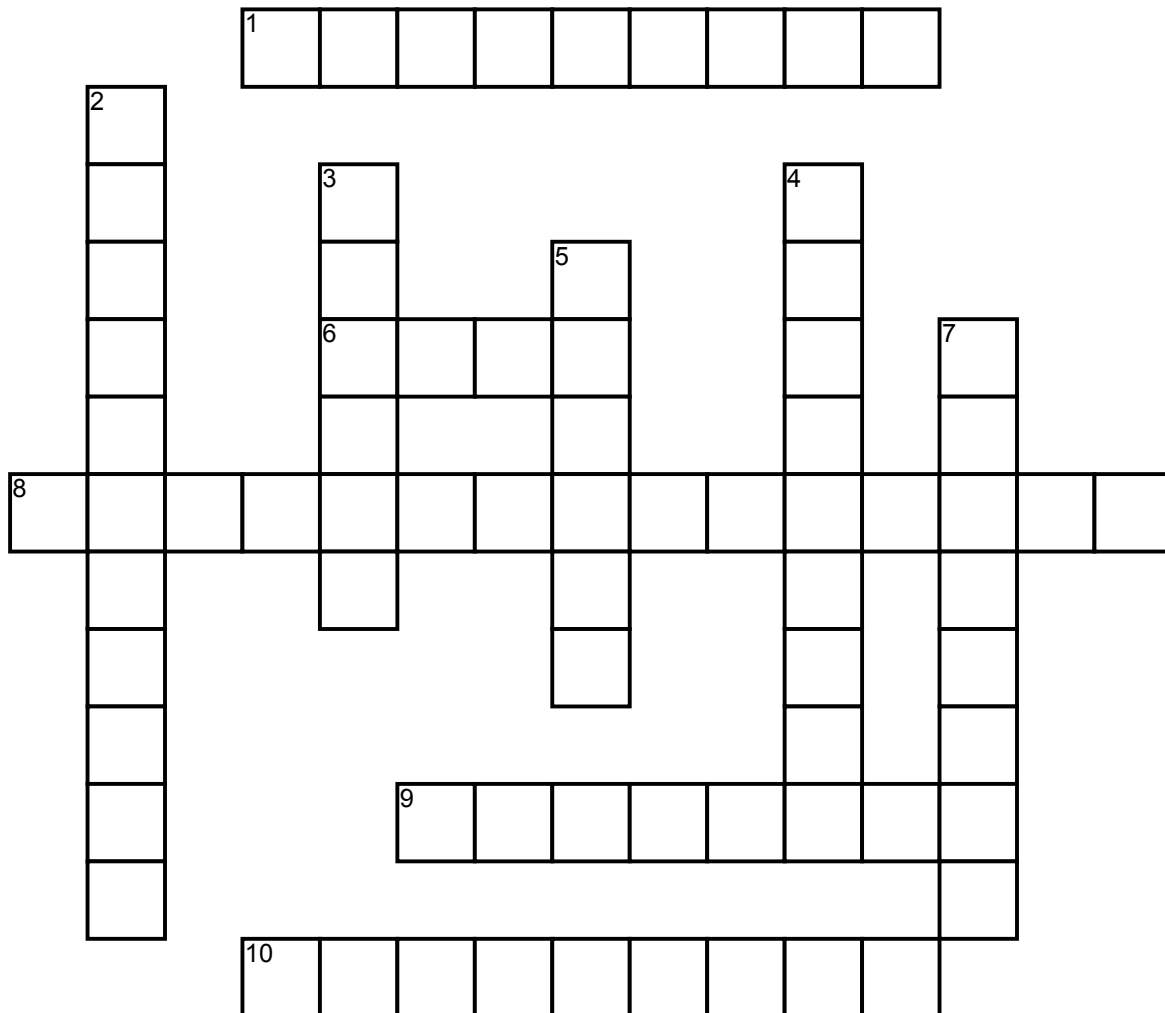


Name: _____

Date: _____

Chapter 1+2



Across

1. Tissue that surrounds the ends of bones at a joint to prevent the bones from rubbing against each other
6. Rest, Ice, Compress, Elevate
8. Body's ability to carry out daily tasks and still have enough reserve energy to respond to unexpected demands
9. Total health in all three areas
10. Struggles or disagreements

Down

2. Condition in which your body temperature drops below normal
3. Tear of a ligament
4. Tissue damage from freezing
5. Combination of physical, mental/emotional, and social well-being
7. Physical activity that is planned, structured, and repetitive