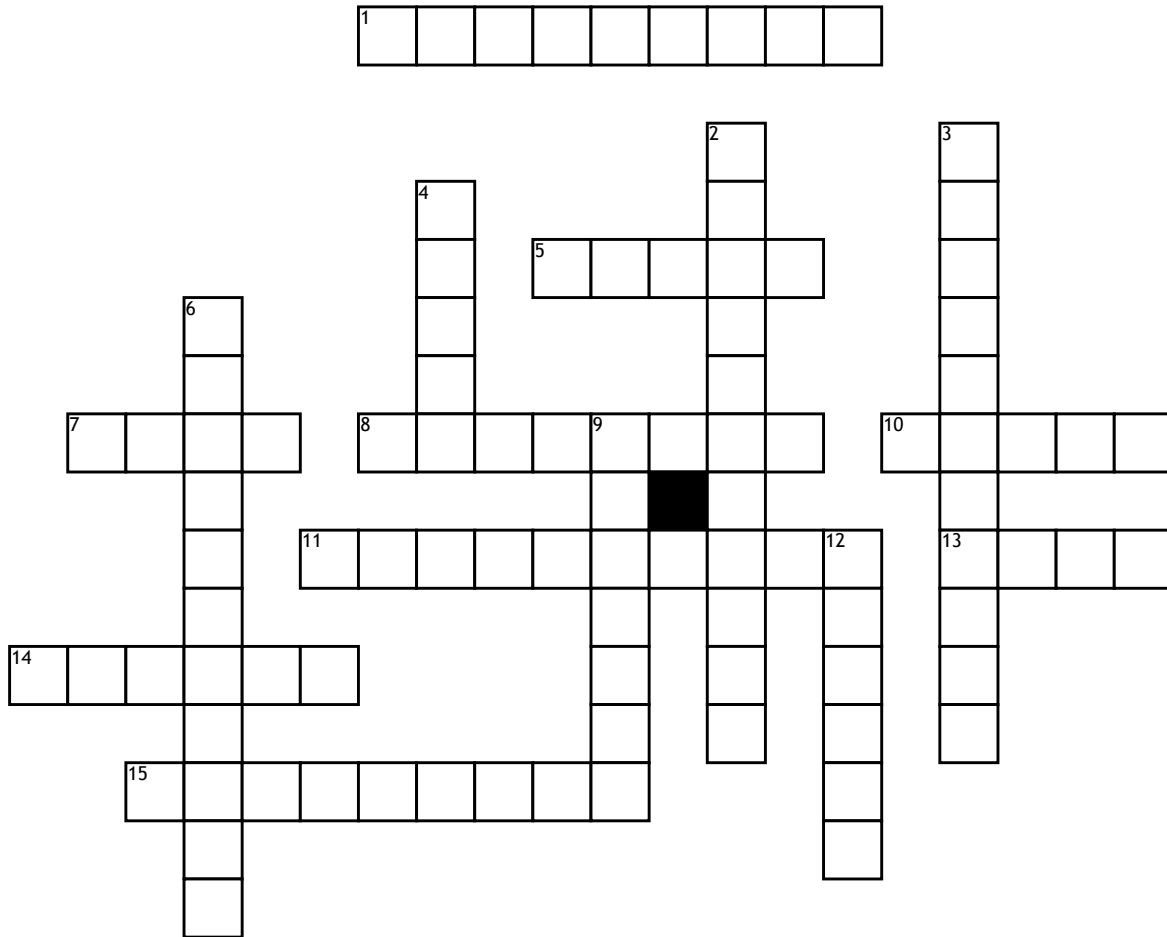


# Chapter 4 Fitness



**Across**

- 1. Condition that results when body tissue becomes frozen
- 5. Teens need between \_\_\_\_\_ and ten hours of sleep each night
- 7. Face, arm, speech, time
- 8. Any type of break in a bone
- 10. This happens when vital organs are deprived of oxygen

11. When the tendons, bands of fiber that connect muscles to bones are stretched or torn from overuse

- 13. Rest, ice, compression, elevation
- 14. A stretch or tear of a ligament

15. Connect bone to bone

**Down**

2. The LOSS of water due to sweating and intense breathing

3. Condition in which body temperature becomes dangerously low

4. The best fluid replacement during the first 20 minutes of exercise

6. When a bone slips from its normal position at a joint

9. connect bone to ligament

12. A stretch or tear of a tendon