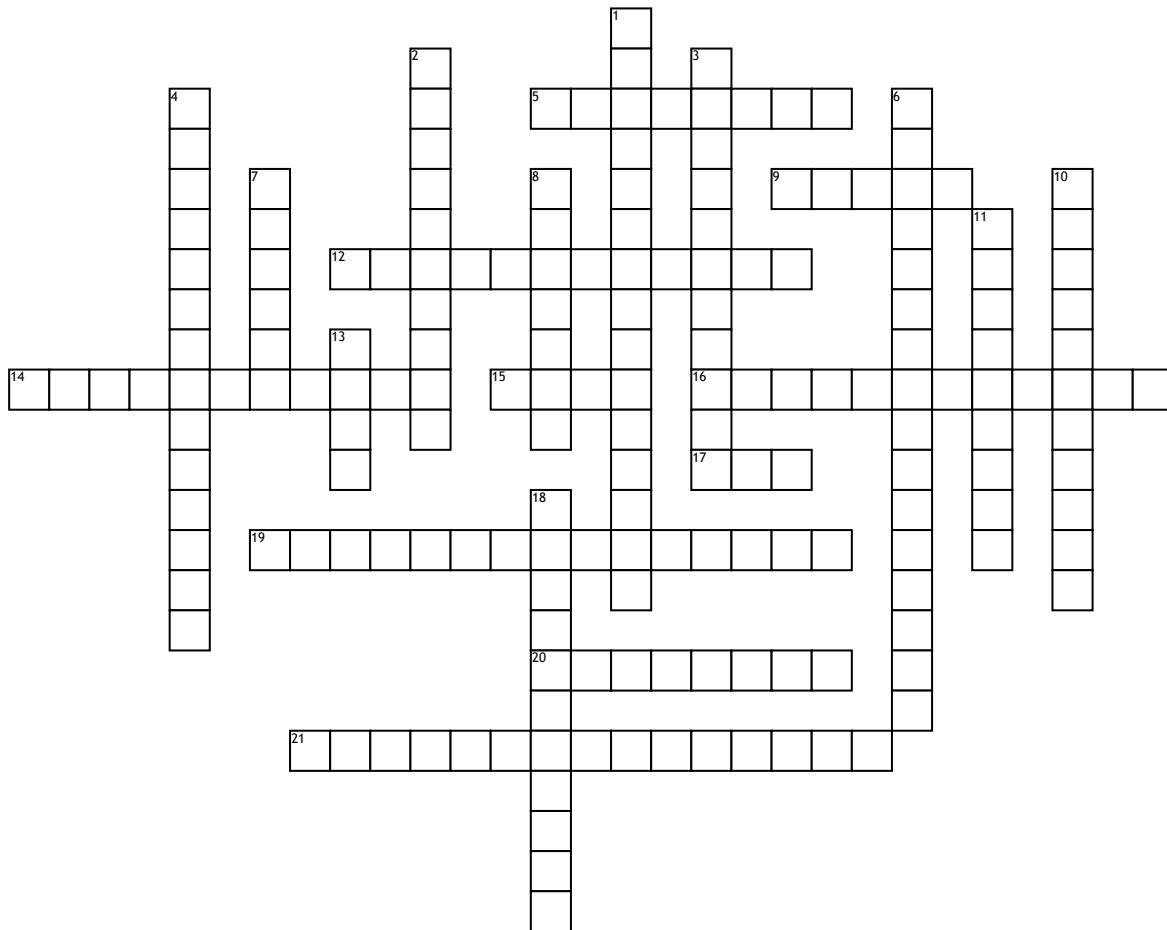


Name: _____

Date: _____

Chapter 6



Across

5. Condition when there is too much blood sugar

9. a sleep disorder in which breathing is briefly and repeatedly interrupted during sleep.

12. a condition that occurs because of exceeding the recommendations of the FITT formula

14. a state in which the body has lost more water than has been taken in.

15. a formula made up of the four parts of fitness training: frequency, intensity, time, and type.

16. A bone thinning disease

17. a fixed number of repetitions followed by a rest period.

19. The ability of the body to perform daily physical activities without becoming short of breath, sore, or overly tired.

20. An inability to sleep, even if one is physically exhausted.

21. the body's internal system for regulating sleeping and waking patterns.

Down

1. A synthetic version of the male hormone testosterone used for promoting muscle development.

2. A product that is taken by mouth that is labeled as such and also contain dietary ingredients.

3. number of times that an exercise is performed.

4. a disease that develops gradually and continues over a long period of time.

6. a lack of sleep.

7. Causes a feeling of tightness in the chest

8. Exercise with cardiovascular benefits

10. Body _____ Refers to the ratio of lean body tissue to body-fat tissue.

11. Without oxygen

13. A common method for treating minor sports injuries

18. The ability of the joints to move the full range of motion is called