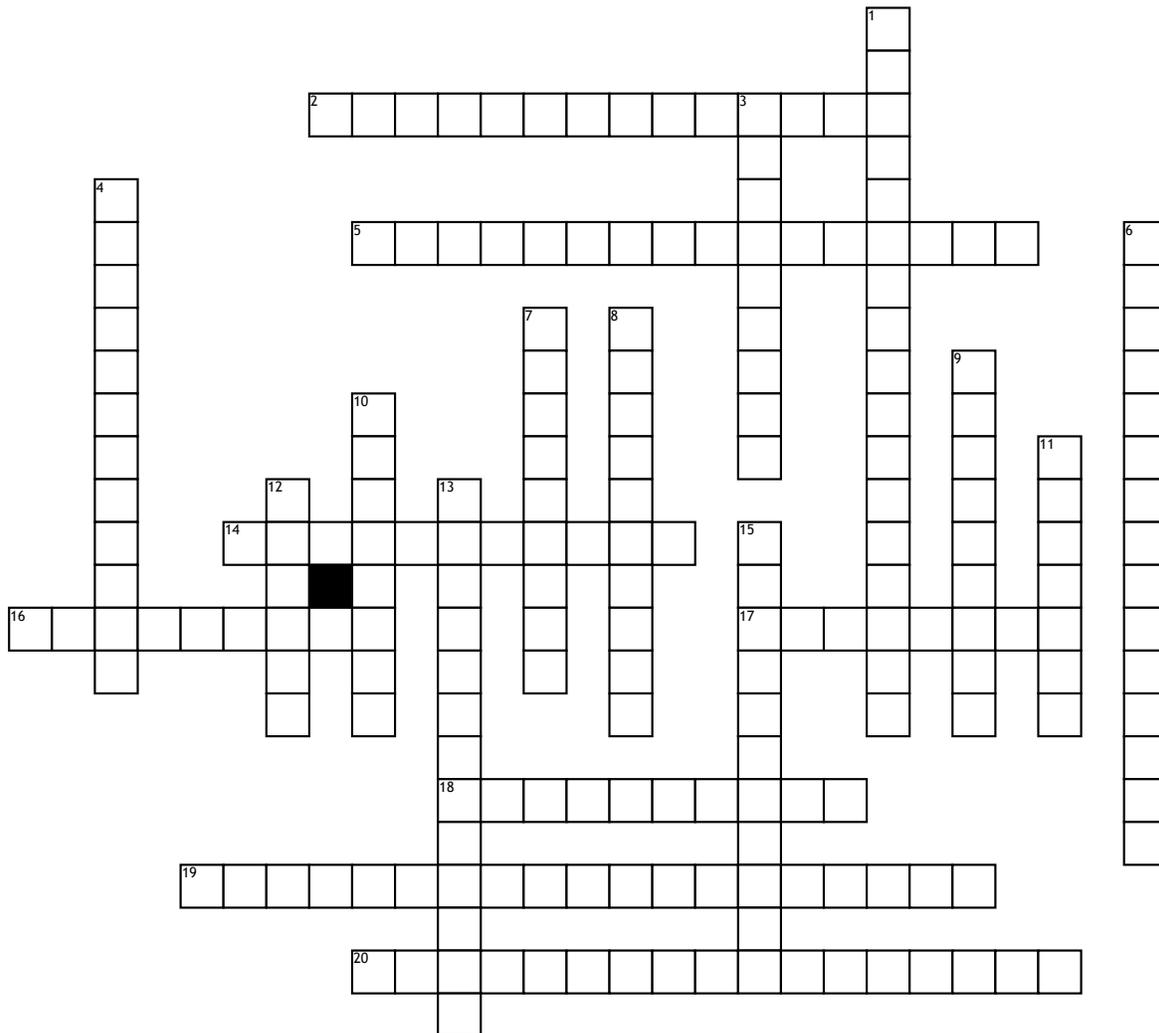


# Fit for life



## Across

2. The drag that happens as the body is moved through the water

5. The center of balance in the water, usually around the chest when the lungs are submerged

14. Excessive loss of water from the body

16. Movement of the forearm from a palms up to a palms down position

17. Front or belly side

18. Movement of the forearm from abpalms down to a palms up position

19. The pressure exerted by the fluid of any object immersed in a fluid

20. The resistance caused by the surface area pushed through the water

## Down

1. Adjusting the body to the water temperature

3. To move laterally away from the midline of the body drawing away from the body.

4. Bending the ankle upward

6. The percentage of the body fat to lean body mass.

7. To move medially toward the midline of body drawing into midline body.

8. Keeping your joints slightly bent

9. Back side

10. The body being suspended in water

11. Movement to the side

12. Nearer the midline

13. Laying faces down

15. Muscles that stabilize one joints so a desired movement can be preformed by another joint