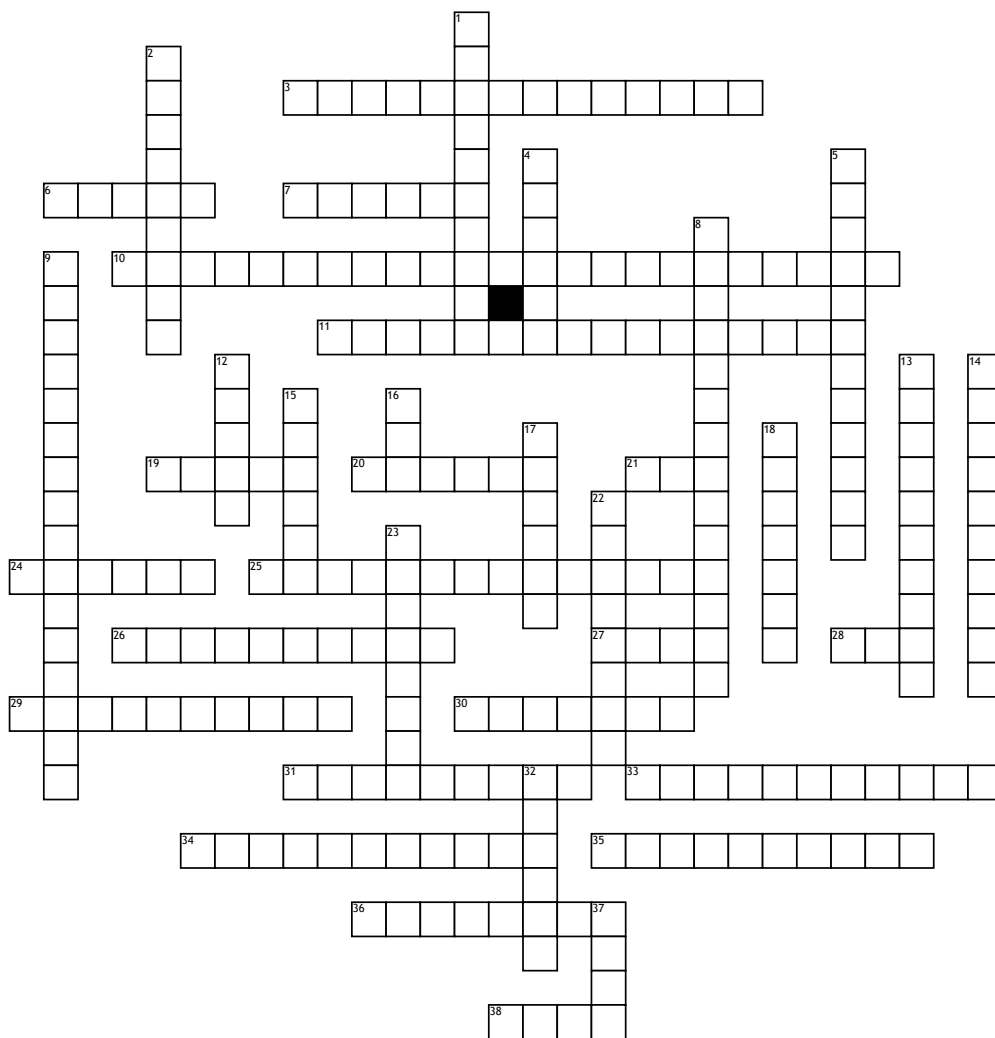


Name: _____

Date: _____

Health



Across

3. Bone getting ready to crack
 6. Amount of aerobics exercise to get into stored body fat
 7. Broken blood vessels under the skin
 10. Ability of the heart to withstand stress
 11. Just a crack in the bone
 19. Blood to heart
 20. Rip or tear in a lining
 21. Food and Drug Administration
 24. Pulls blood away from heart
 25. Losing large amounts of fluid in sweat
 26. 2 bones pushed together
 27. Number of times you do a lift in a set
 28. Center for Disease Control

29. Created by lactic acid

30. Drink water

31. Stretchy like a rubber band

33. Losing body fluids

34. Bone out of a place of a joint

35. Produced in muscle during exercise and causes the burn

36. How to build muscle

38. Sequences of exercises

Down

1. Torn muscle fiber

2. Gives shape and support. Keeps bones from rubbing on each other

4. Severe pain, swelling, and discoloration

5. Overstretched muscle fiber

8. The effect of exercise on muscle

9. Worst type of break

12. Target time for aerobic activities

13. Splinter out on one side

14. Your body shutting down from overheating

15. Makes movement possible

16. Put () on a sprain for the first 48 hours of the injury for twenty minutes intervals

17. Result from friction on hands or feet

18. Don't burst. Caused by heat and friction

22. Amount of time between sets

23. Knot on muscle from hit

32. Tough and non elastic

37. Delayed on set muscle soreness

Word Bank

Interval

Ice

Dehydration

Green stick

Compaction

Ligaments

Veins

Bruise

Compound Fracture

35 min

Cartilage

DOMS

Heat Exhaustion

Muscle pull

Muscle burn

FDA

CDC

Muscle sprain

Hydrate

Muscle

Artery

Sets

Lactic Acid

Hairline fracture

Sprain

Hematoma

Dislocation

Blister

Tendon

Callus

Muscle Lameness

CARDIOVASCULAR ENDURANCE

Hernia

Reps

Stress fracture

Heat Stroke

Overload

15 min