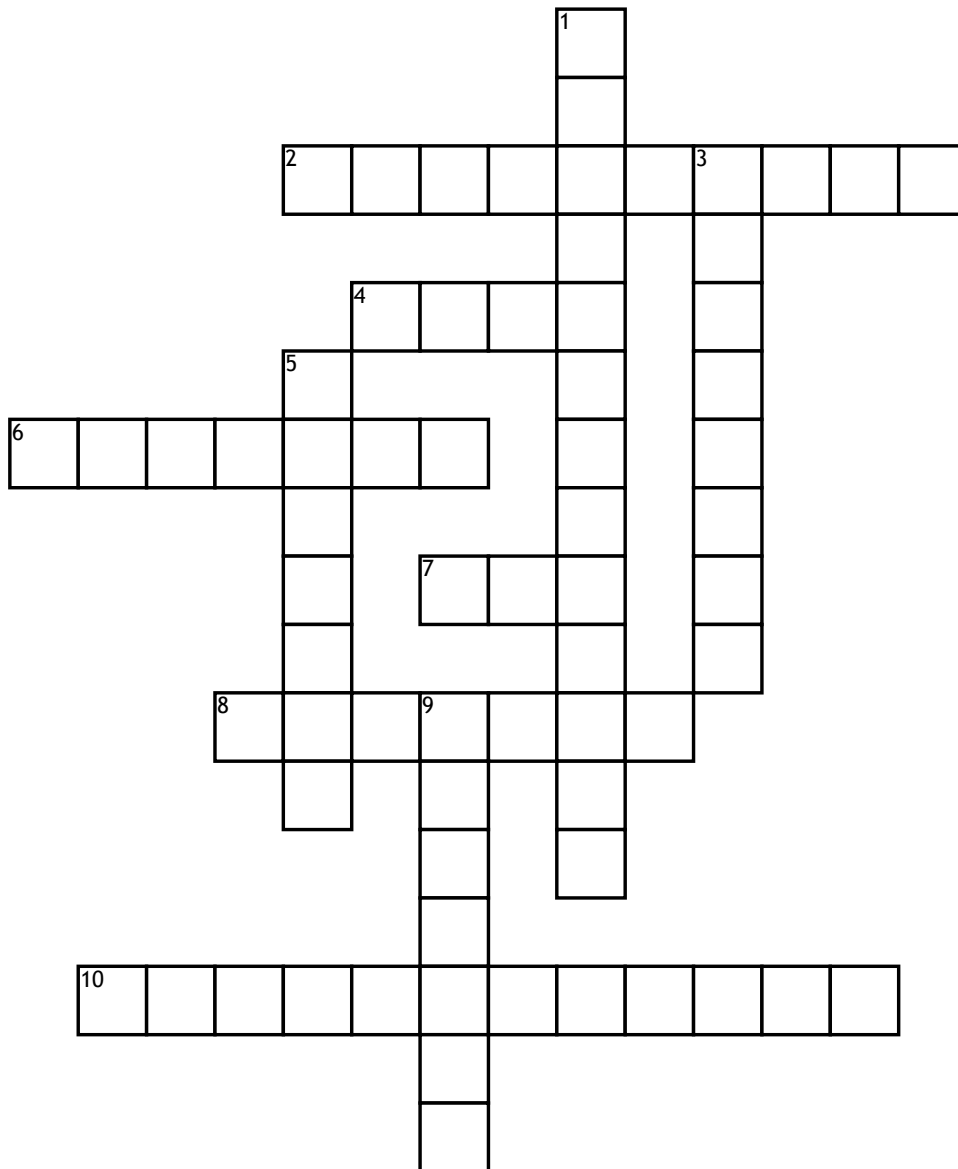


Name: _____

Date: _____

Health and Fitness Puzzle



Across

- 2. The building blocks of proteins
- 4. The count of a repeated exercise
- 6. Organic compound essential for the development of muscle
- 7. Index of a person's weight in relation to their height
- 8. A round of similar or targeted exercises

- 10. Essential elements necessary for cell function to regulate the distribution of body fluids

Down

- 1. Blending different training methods into a single intense workout
- 3. Gradually bringing your body back to a resting state after your workout.
- 5. Exercise where your body uses oxygen for fuel
- 9. Unit of measure for the amount of energy it would require to digest food