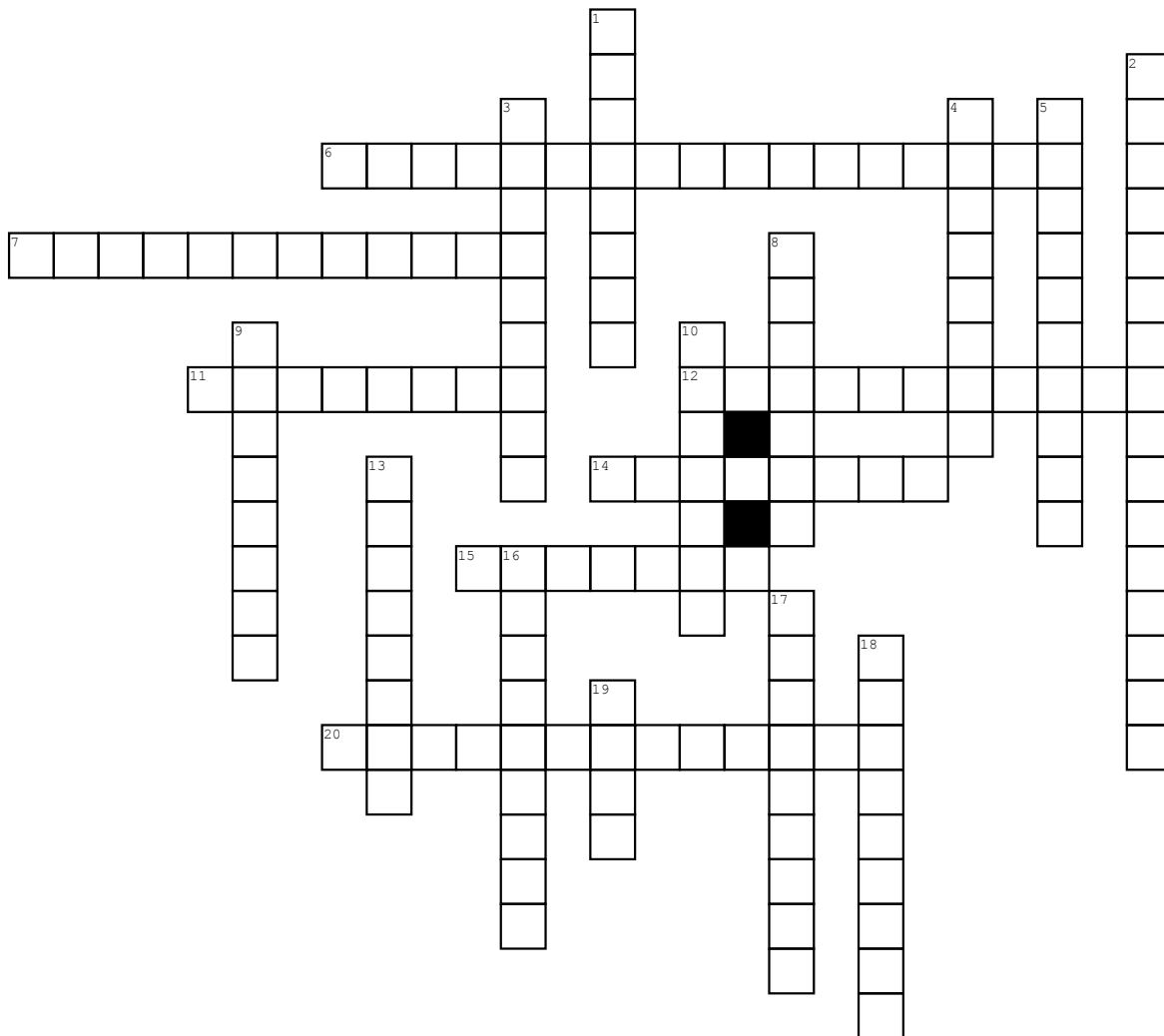


Name: \_\_\_\_\_

# Health and Wellness Crossword



## Across

6. Neuropsychiatric disorder characterised by physical and vocal tics?
7. A condition that causes pain in muscles, joints, ligaments and tendons
11. Finally unite the physical and the spiritual
12. A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products
14. A substance that provides nourishment essential for growth and the maintenance of life
15. A mental state of extreme well-being and trance-like joy

20. Removal from one's physical form

## Down

1. A hormone that is released from the adrenal glands in response to stress that facilitates fat storage and has a catabolic affect on muscle and connective tissue
2. Personal habits or behaviors related to the way a person lives
3. \_\_\_\_\_ Syndrome is a cluster of conditions that increase the risk of heart disease, stroke, and diabetes
4. Georges Gilles de la ?, French physician after whom a neurological condition characterized by physical and verbal tics is named

5. Physical and moral decline

8. A unit of energy in food
9. \_\_\_\_\_ Training using less reps and higher weights
10. A mental state of extreme well-being and trance-like joy
13. A feeling of wild happiness and well-being
16. A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce
17. The I in the F.I.T.T principle stands for?
18. The process of providing or obtaining the food necessary for health and growth
19. Cobra and downward dog are \_\_\_\_\_ poses