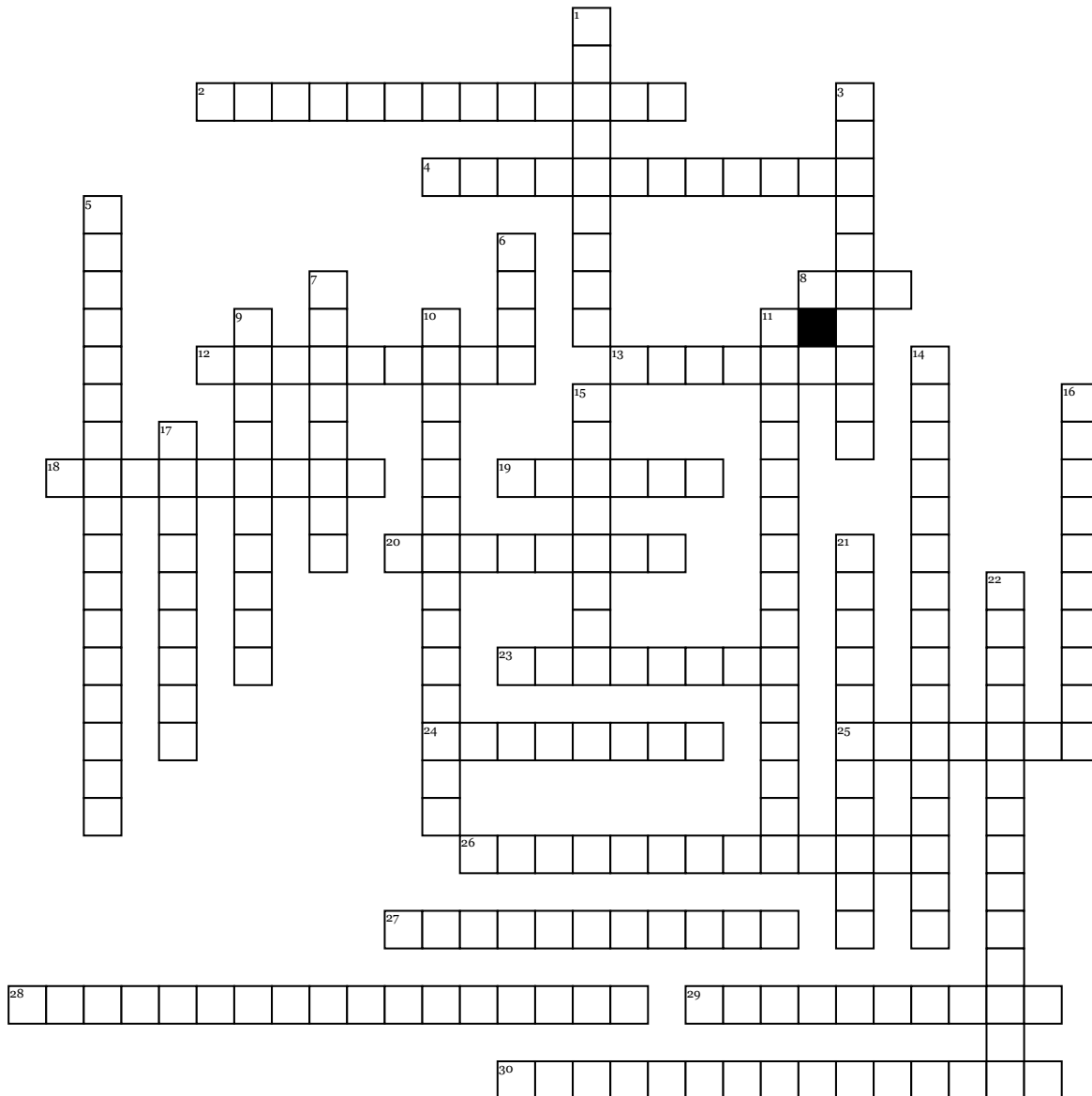


Name: _____

Date: _____

Health and Wellness Terms



Across

2. BMI
4. Illegal drugs or legal substances that are sold illegally.
8. Sexually transmitted disease that can cause cervical cancer.
12. The number of beats per minute.
13. A simple carb that can be used for fuel.
18. Test used to evaluate abdominal and hip muscle endurance.
19. The state of complete emotional, physical, and social well-being?
20. Stress that results in improved performance.
23. Negative stress that is harmful to performance.
24. Addictive and psychoactive substance in tobacco plants.
25. Loss of physical, emotional, and mental energy.

26. Drinking 5 or more drinks for men or 4 or more for women in a 2-hour period.
27. Loss of too much body water, resulting in impaired function.
28. Ability of a muscle to generate a submaximal force over and over again.
29. Group of hormones released during a stress response.
30. With oxygen in cells, helps increase cardio-respiratory fitness.

Down

1. Habitual psychological and physical dependence on a substance or a behavior.
3. Fitness test designed to evaluate endurance of the shoulder and arm muscles.
5. Fitness that breaks down glucose without using oxygen.
6. Acronym for rest, ice, compression, and elevation.
7. Factor that produces stress.

9. Relaxation technique that involves sitting quietly, focusing on a word, image, or breath.
10. Carbs, fats, proteins, and water.
11. The relative amount of fat and fat-free mass in the body.
14. Maximal ability of a muscle to generate force.
15. Metabolic disorder characterized by high blood glucose levels.
16. A weight above the recommended level for health.
17. Insect that grips hair in the pubic region.
21. Ability to move joints freely through their full range of motion.
22. Vitamins and minerals.