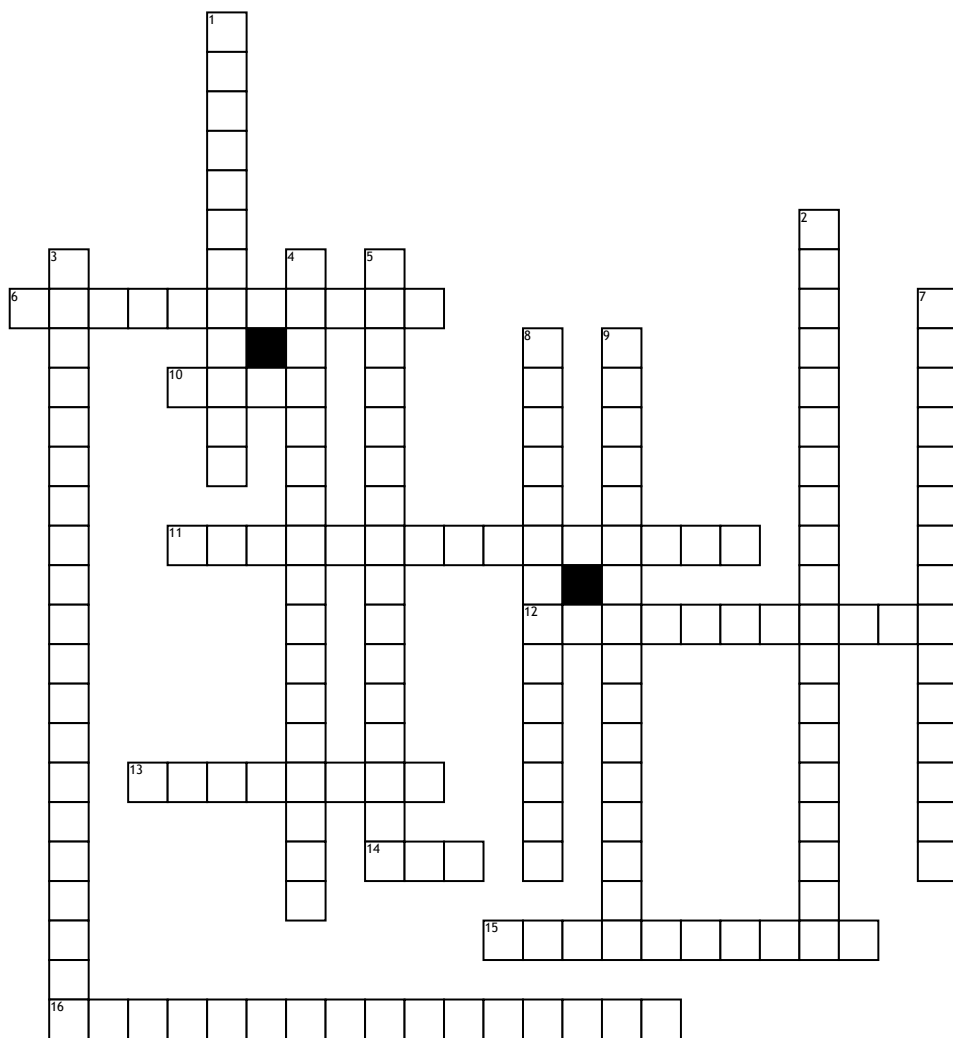


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health



## Across

6. Repetitions

10. Fitt

11. Physical fitness

12. Dehydration

13. Insomnia

14. Set

15. Sleep apnea

16. Sleep deprivation

## Down

1. Overtraining

2. Target heart rate zone

3. Health related fitness

4. Dietary supplement

5. Anabolic steroids

7. Circadian rhythm

8. Chronic disease

9. Resting heart rate

## Word Bank

Anabolic steroids

Overtraining

Sleep deprivation

Set

Insomnia

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