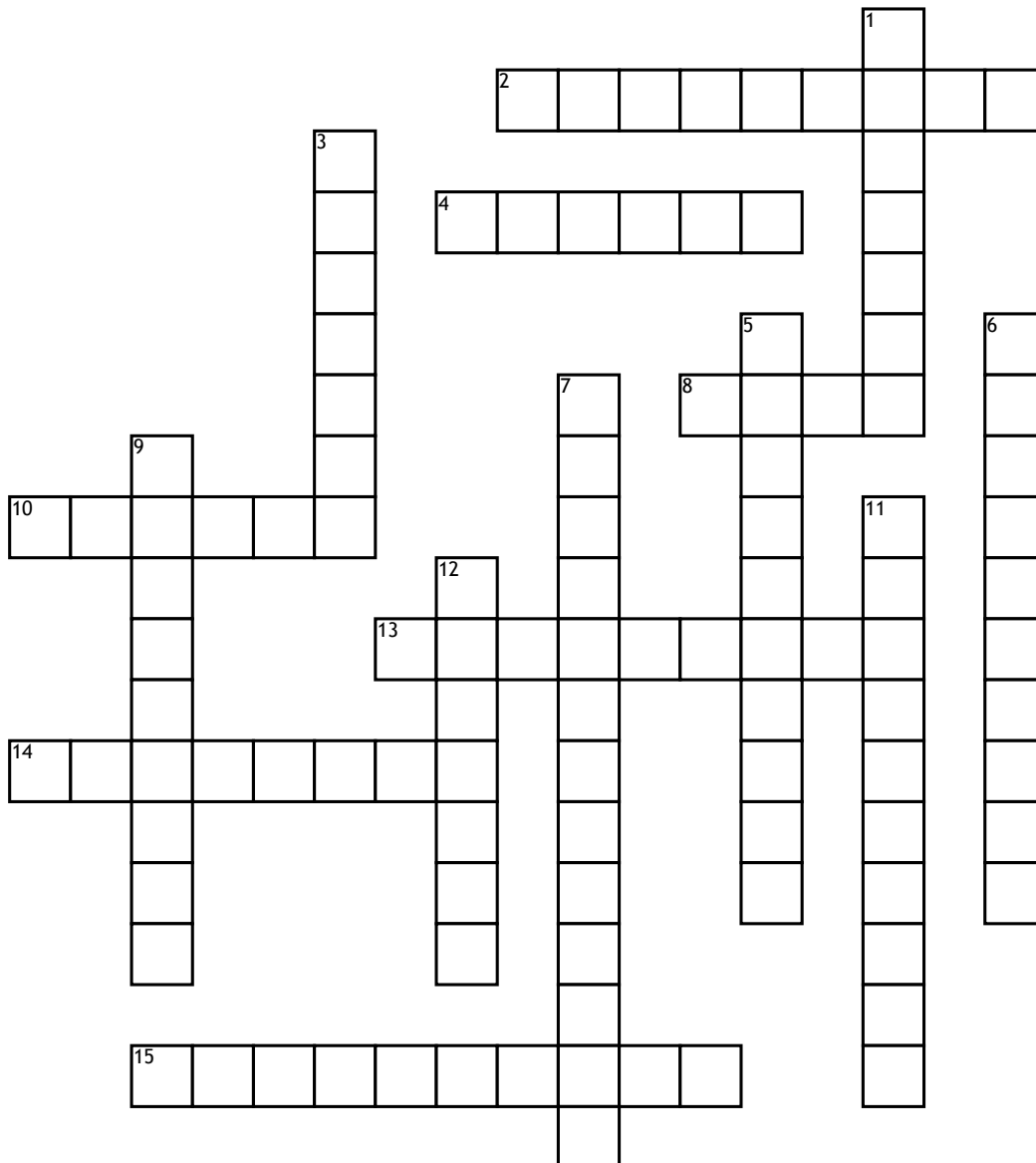


Healthy Living, Muscles and body types



Across

2. high body fat, often pear shaped
 4. something we have to do to prepare our bodies for exercise
 8. a healthy part to any diet, but only if you consume in moderation
 10. The muscle at the top front of your arms
 13. muscular and well built, low body fat

14. a sport played only with your feet

15. the muscle in your thighs

Down

1. the muscle at the top back of your arms
 3. a band of tissue in the body. It has the ability to contract and results in movement
 5. the muscle in the back of your thighs

6. something we have to do to our muscles before and after exercise

7. the main source of energy for the body

9. slim build, difficulty in gaining muscle

11. If you do not drink enough water you become....

12. someone in good physical and mental condition