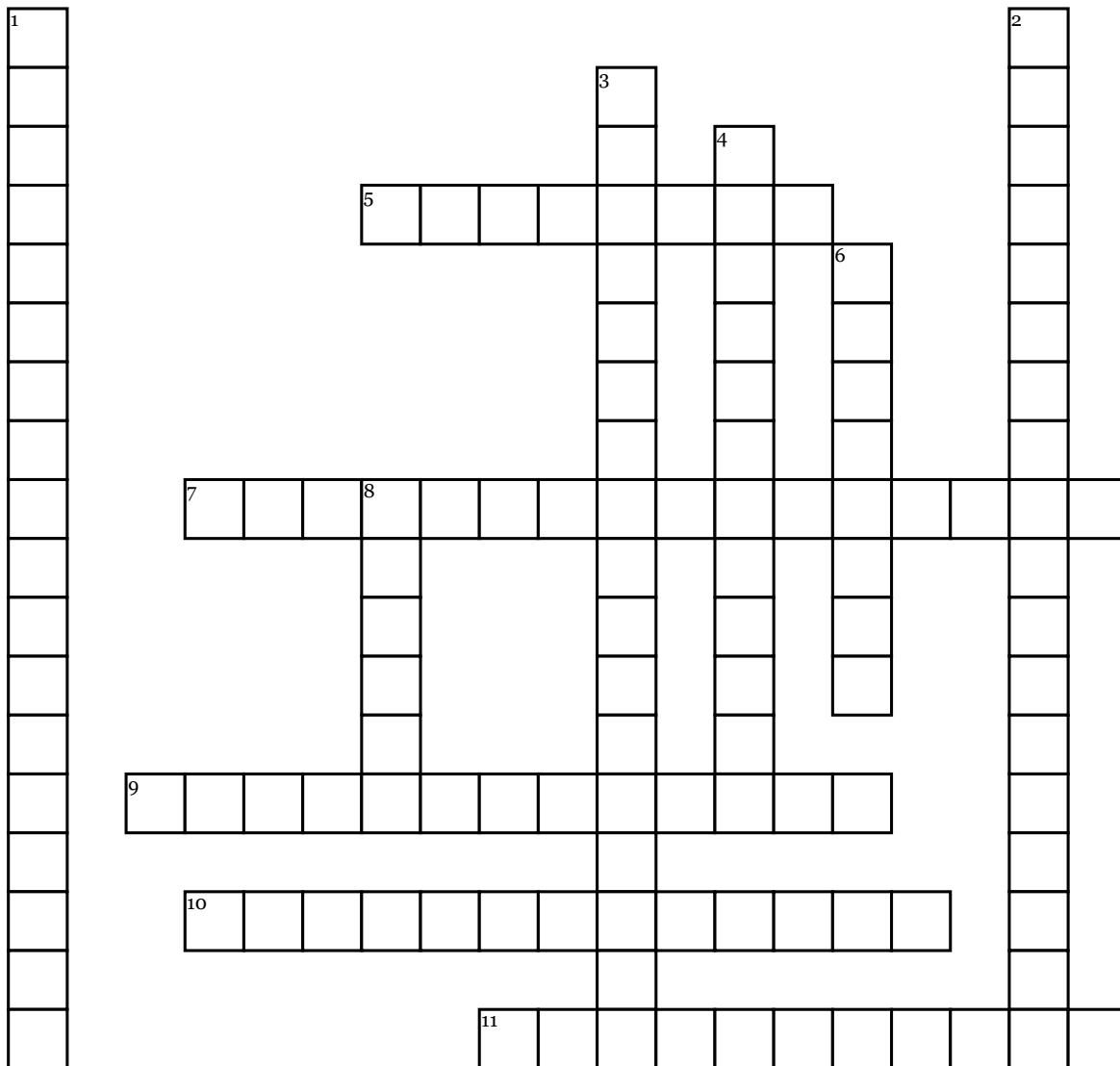


Just For Fun!



Across

- 5.** the most unhealthy fat
- 7.** amount of force (a) muscle(s) can produce in one movement
- 9.** chemical compounds made up of oxygen, hydrogen, and carbon
- 10.** have huge affect on you health (not food related) (not an exercise/fitness component)
- 11.** ability to move joints through a complete range of motion

Down

- 1.** a good fat from avocados, olive oil, and nuts
- 2.** a healthy fat associated with omega 3 and omega 6 fatty acids
- 3.** ability of (a) muscle(s) to sustain repeated contractions against a resistance for a long period of time
- 4.** a somewhat unhealthy fat primarily from animal products
- 6.** long, chain-like molecules made up of small untis known as amino acids
- 8.** running helps improve this