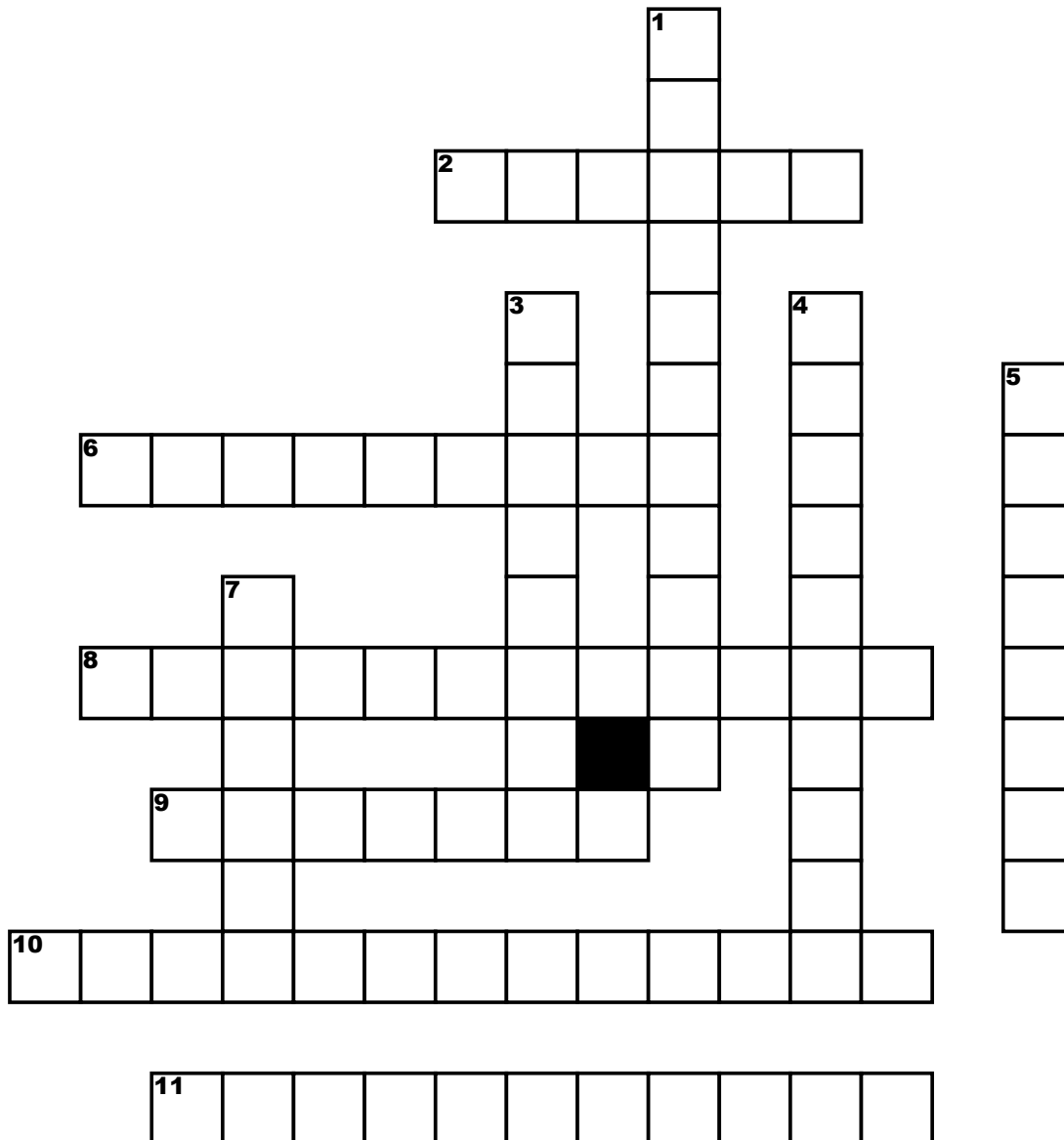


SAFE DANCE PRACTICES



Across

- 2.** Activities that raise the core body temperature and loosen the muscles before dancing.
- 6.** Placement of bones in such a way that increases physical effectiveness and health.
- 8.** Enhancement of strength, flexibility and endurance through physical training.
- 9.** A tissue composed of cells or fibers, which produces movement in the body.
- 10.** The way in which we carry our body including the positioning and alignment of bones and muscles

- 11.** The absolute range of movement that cross the joints to induce a bending movement or motion

Down

- 1.** the quality of being limited or restricted
- 3.** Activity requiring physical effort, carried out to sustain or improve health and fitness.
- 4.** Reducing the risk of injuring yourself
- 5.** The quality or state of being strong
- 7.** Damage or harm done, or suffered by a person or thing