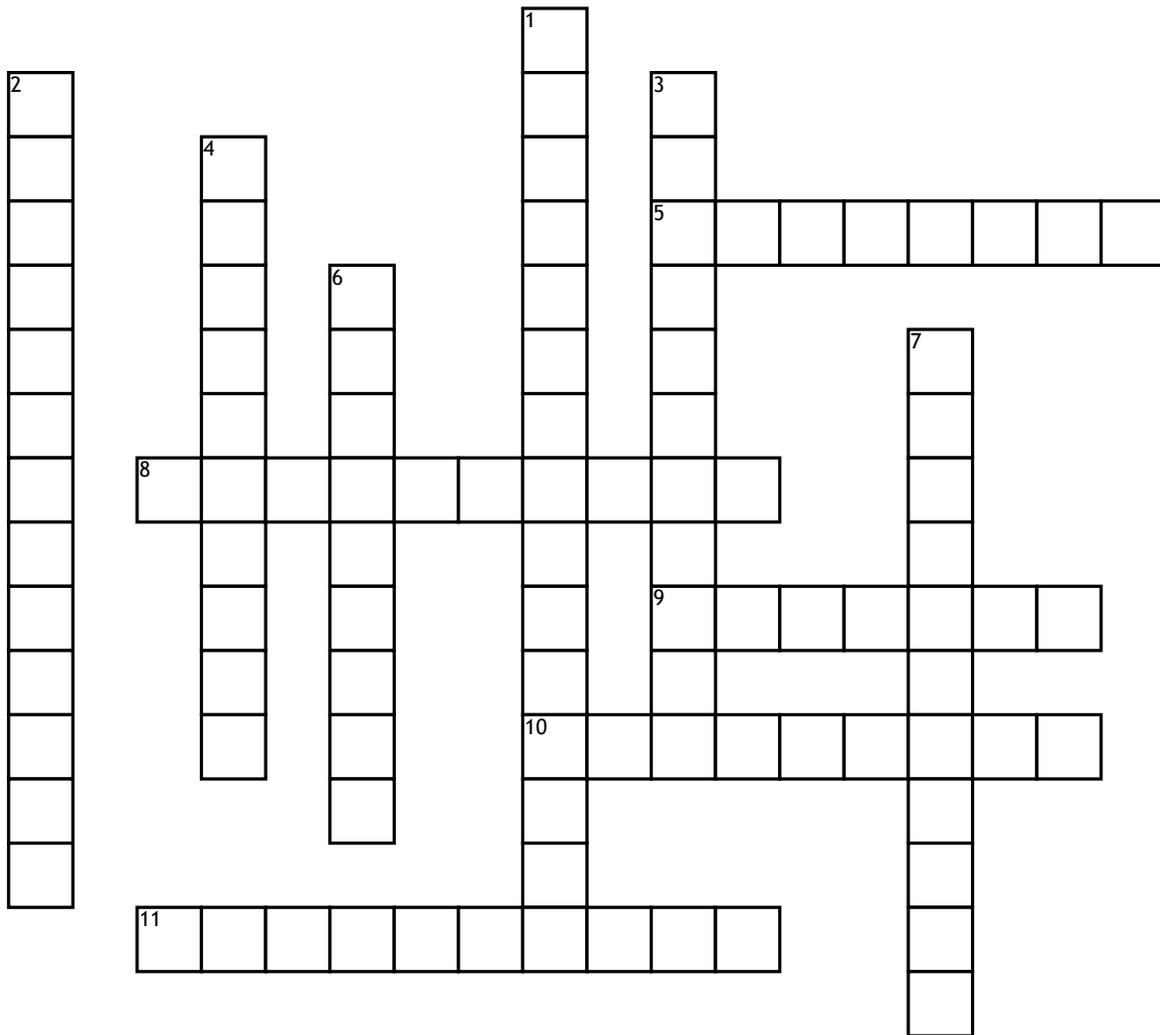


WPU Wellness Watch



Across

- 5. Coffee and pre-workout share what ingredient?
- 8. What amino acid is in turkey that "supposedly" causes us to get sleepy?
- 9. The panceas secretes _____ that increases glucose uptake in the tissues.
- 10. Pre-workout is an _____ aid.
- 11. FES can decrease _____ and break up tone.

Down

- 1. What division of the nervous system is nicknamed "Rest and Digest"?
- 2. Mechanism through which our body detects stretch
- 3. _____ vibration plates rest on a central fulcrum
- 4. Functional _____ Stimulation.
- 6. What is the most important muscle used in breathing?
- 7. Vibration plates cause _____ muscle contractions.