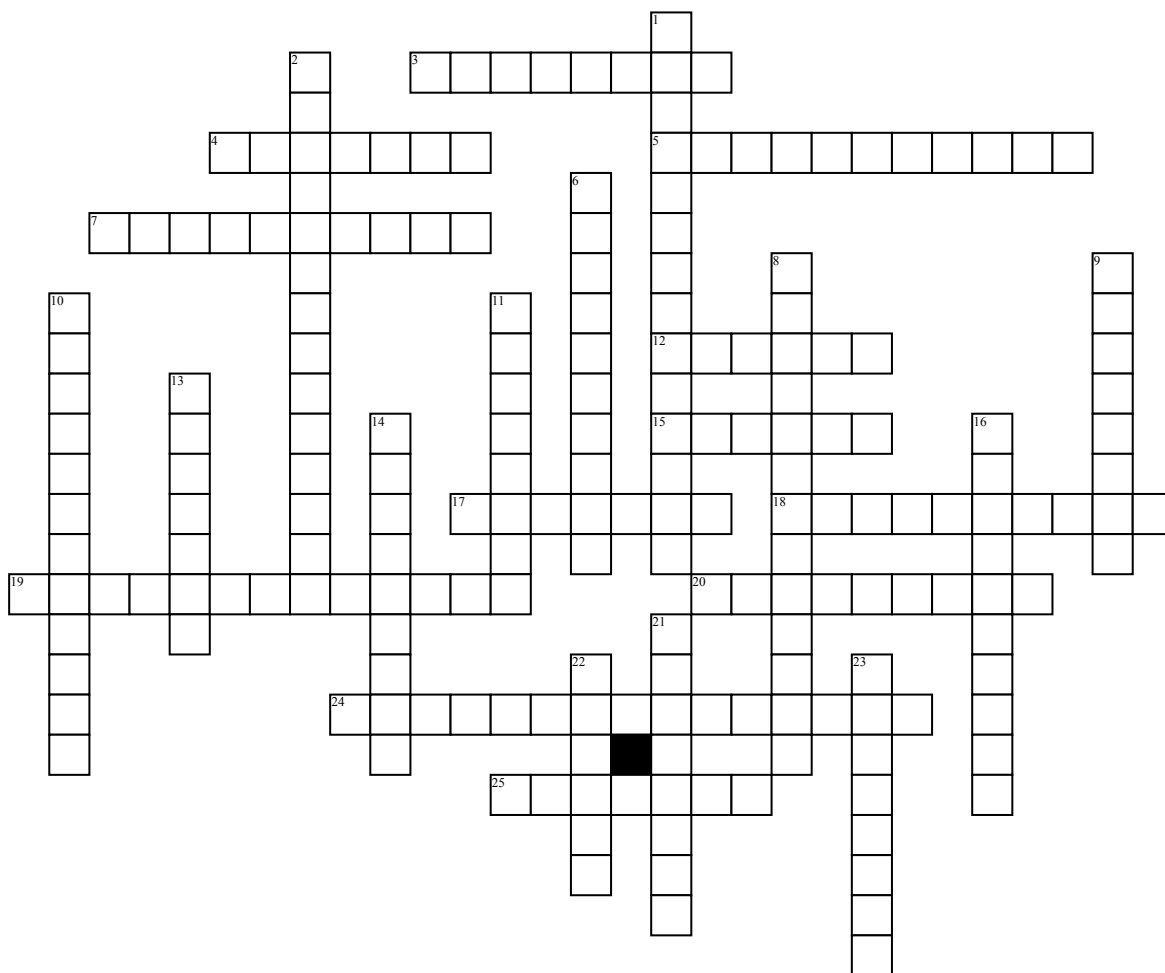


Name: _____ Date: _____ Period: _____

dance crossword



Across

3. As a dancer you can damage your body
4. This form of exercise used in dance is also known as cardio
5. dance helps your muscles stretch easily
7. dance lets you use your imagination
12. In dance you can focus all of your _____ on one thing
15. dance can be very pressuring and can cause _____
17. dance will give you goals and dreams that you feel strongly about
18. Dancers can get a condition that makes your muscle tissues inflamed

19. dance will give you more focus
20. Dancers have a good risk of getting "A curve in the spine"
24. studies have shown that dance makes you happier
25. dance helps you maintain your _____

Down

1. dance lets you be who you are
2. helps the heart system
6. dance is good for overweight people because it causes _____
8. dancers can get a refusal to accept anything that isn't perfect
9. A common dance condition effecting the lower portion of the spine

10. dance helps you decrease the number of calories in your body
11. a common complaint that effects dancers of all ages
13. dance can be good for anyone
14. A common dance injury is a crack in the bone
16. dance makes you have more faith in yourself
21. dance helps you increase your muscular _____
22. dance helps keep your body in good condition and helps you stay fit
23. dancer can have bad foot problems caused by the poor _____