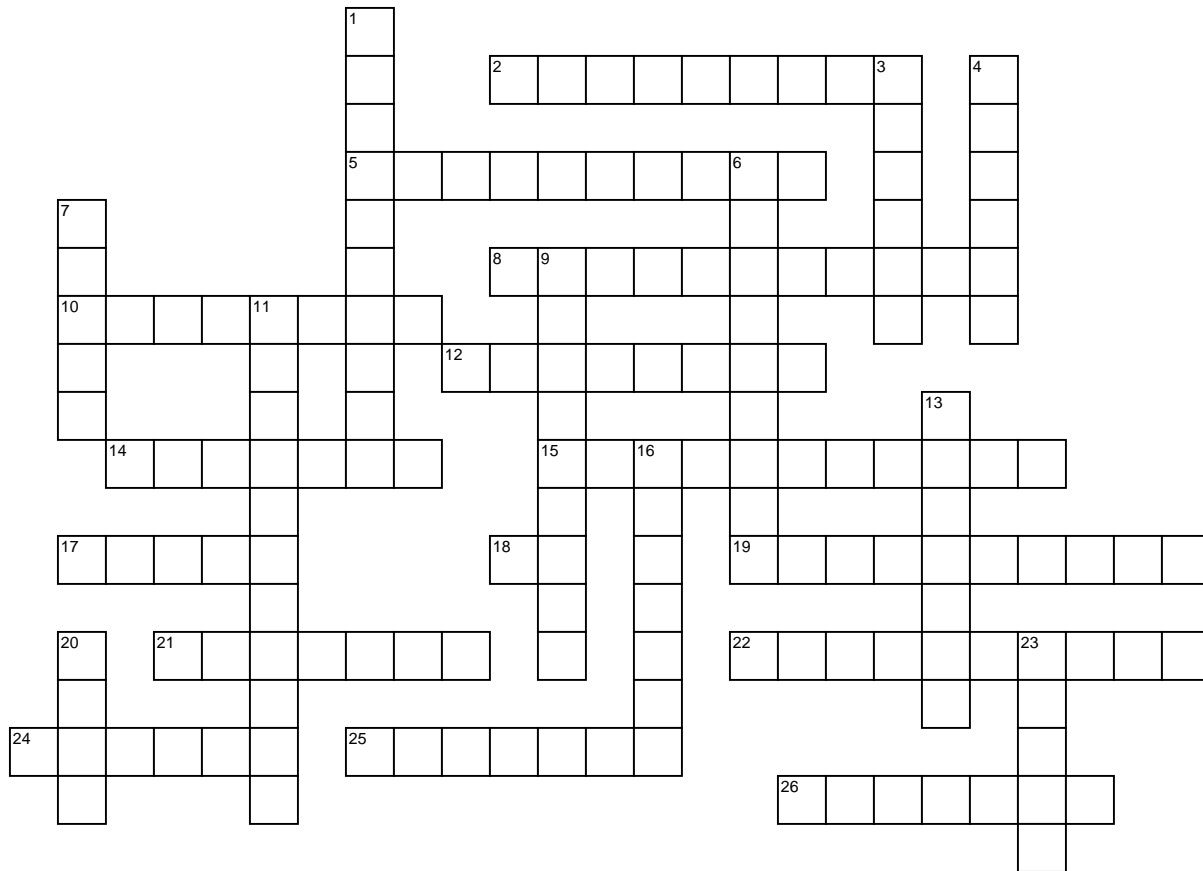


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ACROSS

- 2 The hip _____ and the core muscles work together. They are vital for balance and athletic activity
- 5 A number of studies show that physical _____ increases the risks of metabolic syndrome
- 8 Medical _____ is the number three cause of death in the United States
- 10 Abdominal exercise that fortifies the belly and helps build the six-pack abs
- 12 _____ type 2 is a chronic condition, causing the pancreas to produce too little insulin
- 14 A long bar to which weights can be added at both ends
- 15 Improving cardiovascular health helps improve asthma and other _____ problems
- 17 Several studies show that exercise helps the _____ recover after a stroke
- 18 The _____ muscles include the rectus and transverse abdominus, and the internal and external obliques
- 19 A dynamic _____ of the muscles or jogging for a few minutes are useful to warm up the muscles before exercise
- 21 Acceptable levels of flexibility and cardiovascular fitness are two components of the healthy _____ zone
- 22 To relieve anxiety and stress you need to increase your _____. Physical activity will help you achieve that
- 24 Jumping jacks is considered an aerobic _____ exercise
- 25 Keeping the _____ active is vital for diabetics because it

reduces blood glucose and boost physical fitness

- 26 The _____ muscles are the muscles located between the elbow and the wrist

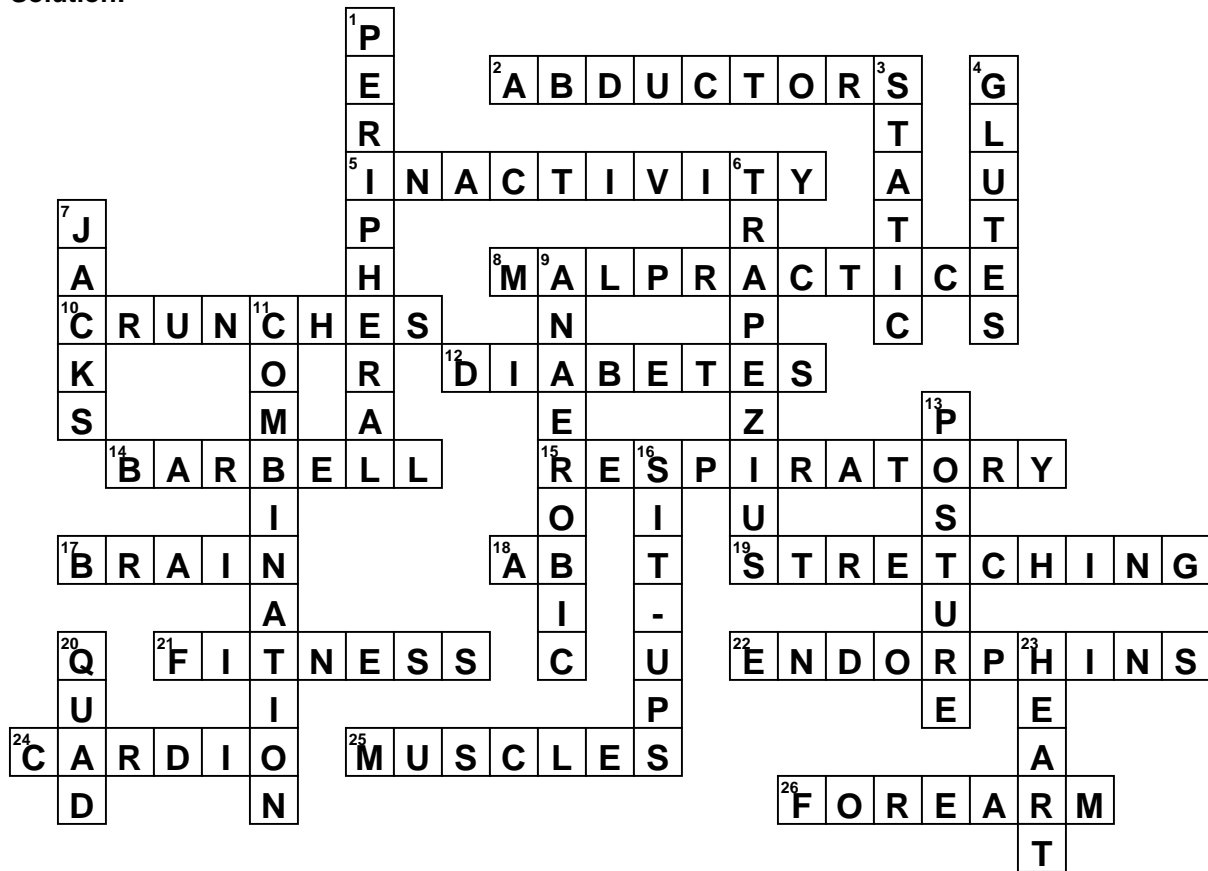
DOWN

- 1 _____ artery disease causes the opening of the blood vessels to the limbs to be much narrower
- 3 Type of balance taking place when a body is stationary
- 4 Doing exercises to make the _____ stronger help reduce the knee pain felt by some people
- 6 Large pair of muscles that go from the base of the skull to the shoulder blade and the mid back
- 7 A good thing about jumping _____ exercises is that help many core muscles gain strength
- 9 Weightlifting, sprinting, and jumping are three examples of _____ exercises
- 11 A good _____ of jumping jacks, squats, crunches, pushups, and burpees can help you have a strong and healthy body
- 13 One way to strain the neck muscles is by having a poor _____
- 16 Abdominal exercises that enhance athletic performance and provide better balance and stability
- 20 The hamstring and the _____ muscles work together when we are standing
- 23 One of the great benefits of jumping jacks is that it helps make your _____ stronger

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Solution:



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