



# 13

## Reinforcement

### WORD CONNECTION

Place the correct word(s) from the chapter under each definition. In the box below each word, draw a line connecting the letters that spell the word or phrase. Do not cross your own lines.

1. folds of skin used for fat measurement
- \_\_\_\_\_

S	E	T	L
N	K	O	D
I	D	F	S
M	N	R	K

5. tool used to measure skinfold thickness
- \_\_\_\_\_

R	A	N	O
C	O	L	I
S	W	P	H
R	E	A	C

9. very overfat
- \_\_\_\_\_

C	B	O	H
E	S	L	B
B	O	I	S
C	E	Y	T

2. amount of energy your body uses to keep you alive
- \_\_\_\_\_

L	A	S	A
M	E	G	B
A	T	I	S
B	O	L	M

6. anorexia \_\_\_\_\_, a disorder that is more common in athletes who desire low weight
- \_\_\_\_\_

A	C	H	M
T	R	B	A
H	M	E	C
L	E	T	I

10. minimum amount of body fatness needed for health
- \_\_\_\_\_

N	T	I	A
E	E	B	L
S	S	O	D
T	A	F	Y

3. having too little body fat
- \_\_\_\_\_

L	E	R	D
A	D	F	I
N	F	H	A
U	B	M	T

7. having too much body fat
- \_\_\_\_\_

O	F	C	A
A	K	R	I
T	L	E	V
F	H	T	O

11. disorder that involves bingeing and purging
- \_\_\_\_\_

L	I	R	W
A	B	M	N
U	T	U	I
M	I	R	L

4. disorder in which food intake is severely restricted
- \_\_\_\_\_

O	E	N	A
S	V	R	I
A	O	R	X
T	N	A	E

8. all of the tissues that make up your body
- \_\_\_\_\_

D	B	Y	C
N	O	D	O
O	T	M	P
I	I	S	O

12. most accurate method to measure body fat levels
- \_\_\_\_\_

A	T	E	R
W	H	T	W
R	G	I	E
E	D	N	U