



7

Reinforcement

COMBINATIONS FOR FITNESS

The sentences below can be completed by combining words and syllables from the box. The number in parentheses after each sentence tells how many words and/or syllables from the box you are to use when completing the sentence. Write the word(s) in the blank.

cardio	anaerobic	system	rate	activity	lipo
respiratory	arteries	activity	proteins	low-	cholesterol
athero	fibrin	veins	density	proteins	heart
high-	sclerosis	vascular	aerobic	resting	system
heart	proteins	density	more	resting	lipo
cholesterol	lipo	less	system	density	rate

- The number of times the heart beats per minute when a person is inactive is the _____. (3)
- Cholesterol is carried through the bloodstream by particles called _____. (2)
- Moving oxygen and nutrients to body cells and removing cell wastes is the job of the _____. (3)
- Exercising in short, fast bursts is _____. (2)
- Blood is carried from the heart to other parts of the body by _____. (1)
- A fatty substance called _____ is found in meats, dairy products, and egg yolks. (1)
- Excess cholesterol is carried out of the bloodstream by _____ and eliminated. (4)
- Supplying oxygen to and eliminating carbon dioxide from the bloodstream is the job of the _____. (2)
- Your _____ is the number of times your heart beats per minute to pump blood through the body. (2)
- Exercising steadily enough for the heart to supply oxygen needed by the muscles is _____. (2)
- High-density lipoproteins appear to help prevent _____. (2)
- Cholesterol that will probably stay in the bloodstream is carried by _____. (4)
- A substance that is involved in the clotting of blood is _____. (1)
- Blood is carried to the heart from other parts of the body by _____. (1)
- The heart of a fit person beats 9.5 million times _____ each year than that of an average person. (1)