



# 3

## Reinforcement

### PHYSICAL ACTIVITY CROSSWORD PUZZLE

Use these clues to complete the crossword puzzle below.

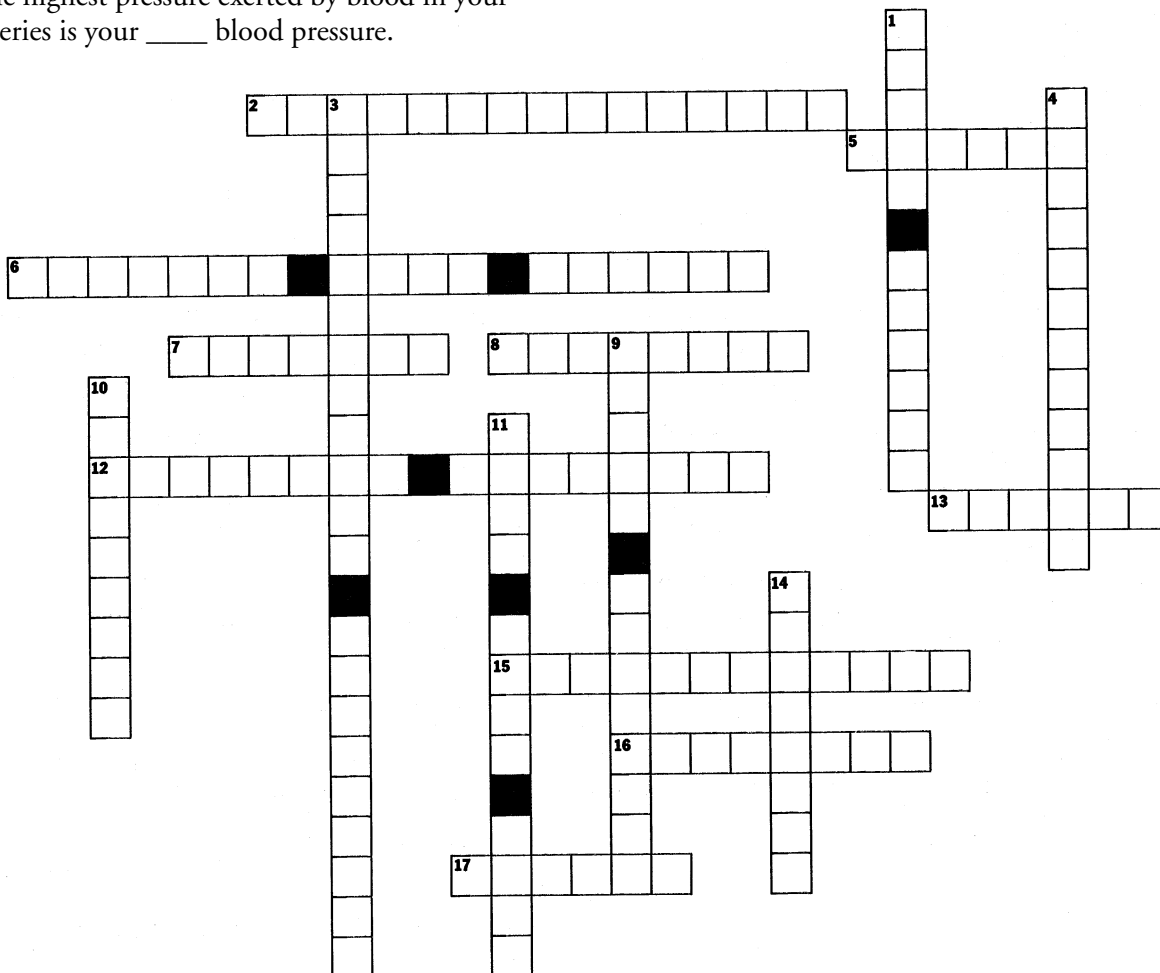
#### Across

2. A buildup of substances on the inner walls of arteries is known as \_\_\_\_.
5. An \_\_\_\_ carries blood away from the heart to other parts of the body.
6. Being inactive is a \_\_\_\_ \_\_\_\_ \_\_\_\_ for cardiovascular diseases.
7. \_\_\_\_ is a condition in which a person has excessive body fat.
8. People who have \_\_\_\_ cannot regulate the sugar level in their blood properly.
12. People who continue exercising even when they are injured or ill may have an \_\_\_\_ \_\_\_\_.
13. A \_\_\_\_ can affect a person's ability to think, move, and speak.
15. A condition in which bones become porous and lose their strength is \_\_\_\_.
16. The highest pressure exerted by blood in your arteries is your \_\_\_\_ blood pressure.

17. \_\_\_\_ is a disease characterized by uncontrolled growth of abnormal cells.

#### Down

1. If the blood supply to the heart is severely reduced or cut off a \_\_\_\_ \_\_\_\_ occurs.
3. A health problem caused by doing too much physical activity is a \_\_\_\_ \_\_\_\_.
4. Another name for high blood pressure is \_\_\_\_.
9. \_\_\_\_ \_\_\_\_ is the force exerted by blood against a blood vessel wall.
10. The lowest pressure exerted by blood in your arteries is your \_\_\_\_ blood pressure.
11. You develop your \_\_\_\_ \_\_\_\_ \_\_\_\_, or greatest bone mass, when you are young.
14. People suffering from a condition called \_\_\_\_ have too much arch in the lower back.



From *Fitness for Life: Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.