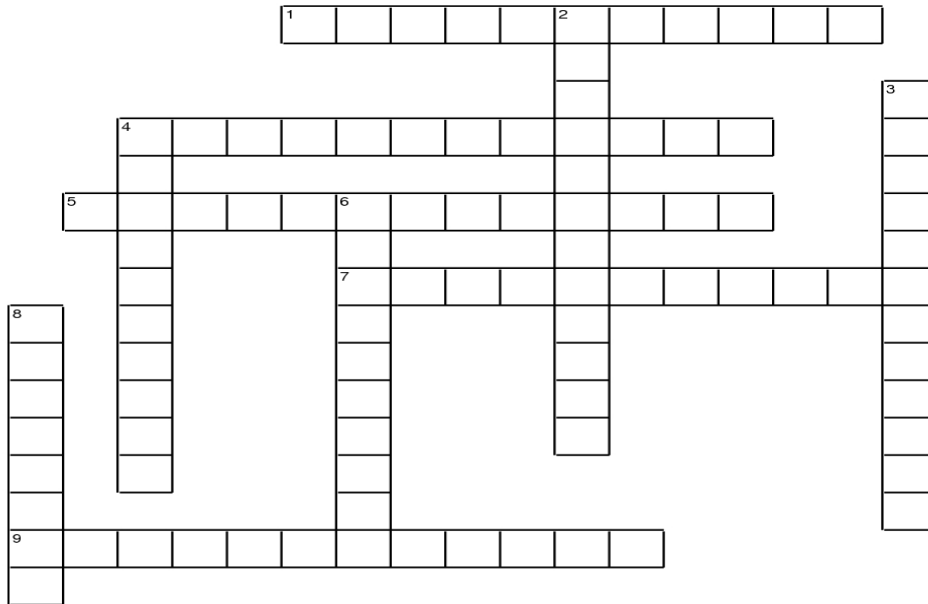


Nutrients and Exercise Crossword Puzzle



Across	Down
1. a below-normal body temperature	2. an above-normal body temperature
4. a decreased concentration of sodium in the blood	3. the amount of oxygenated blood the heart ejects toward the tissues at each beat
5. the volume of blood discharged by the heart each minute (stroke volume X heart rate)	4. the dangerous accumulation of body heat with accompanying loss of body fluid
7. one of the stress hormones that is secreted whenever emergency action is called for	6. the absence of or cessation of menstruation
9. a transient condition of low hemoglobin in the blood	8. planned, structured, and repetitive bodily movement that promotes or maintains health and well-being

