**Wellness and the Importance of Physical Activity Word Find**

**Directions:** Read each of the statements below; use what you have learned and your notes to fill in the blank. If there are two blanks then you are looking for two words. Find the word that appropriately fills in the blank within the word search. You must complete both steps to receive full credit. This is a class assignment for a grade.

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| t | e | j | k | o | e | e | q | b | v | l | f | a | p | y | t | l | i | b | i | x | e | l | f | o | m | h | m | r | u |  | | b | a | b | g | t | x | w | q | y | i | r | g | w | t | o | z | b | h | q | c | r | y | n | q | p | h | n | x | d | u | g | i | n | l | l |  | | p | y | f | n | j | e | j | p | p | o | g | l | e | k | j | j | t | s | a | f | k | a | e | r | b | j | v | d | r | t | r | e | o | z | l |  | | i | a | f | d | v | n | q | q | b | e | y | z | k | w | i | t | g | y | g | l | i | y | b | b | j | a | e | m | u | q | q | l | c | w | m |  | | l | w | h | y | a | v | o | i | d | i | n | g | v | y | h | z | r | p | f | a | y | n | v | w | n | m | v | j | b | m | q | d | t | w | n |  | | h | x | m | z | r | m | c | f | q | q | q | o | c | v | z | i | b | j | f | c | y | b | u | e | l | b | x | f | j | a | n | a | s | x | g |  | | o | z | s | r | r | e | c | u | j | a | o | o | h | f | p | o | t | g | w | i | f | u | e | t | n | f | h | e | w | u | e | f | v | y | d |  | | a | i | q | v | q | f | j | n | l | j | u | e | i | g | a | g | l | k | t | s | w | o | d | h | c | d | z | x | f | h | r | e | l | e | x |  | | r | f | b | k | x | r | z | z | s | l | a | g | l | d | k | n | y | c | s | y | a | i | k | v | f | c | u | x | y | g | k | j | f | v | i |  | | b | w | n | n | t | u | g | l | u | y | j | f | k | a | v | g | l | f | x | h | b | l | p | h | v | l | k | r | t | x | m | m | d | p | o |  | | s | o | c | x | g | u | k | b | m | w | b | p | p | y | p | o | l | f | m | p | t | b | v | d | l | p | a | q | a | l | r | p | i | t | m |  | | l | c | f | s | m | a | t | x | p | s | s | t | q | w | h | a | u | r | n | q | y | g | y | x | l | h | h | h | u | n | y | n | u | w | u |  | | f | n | t | x | h | e | g | i | e | s | r | e | p | j | e | b | w | g | g | m | j | z | n | x | a | t | c | h | m | k | c | y | l | h | t |  | | r | t | h | r | n | a | y | j | e | t | z | a | b | n | l | f | i | f | j | t | j | q | a | e | s | c | y | o | p | h | s | e | p | q | u |  | | v | r | p | e | m | r | a | n | s | k | r | t | x | j | r | w | y | a | q | s | m | s | x | o | r | o | d | m | t | r | j | v | i | d | x |  | | z | p | f | l | a | y | l | a | m | h | v | h | l | e | i | d | x | l | t | a | f | u | c | s | q | t | m | e | m | s | u | u | v | d | g |  | | s | o | j | m | a | l | u | w | o | e | s | p | l | w | w | p | x | l | w | p | s | h | n | t | w | o | s | p | p | u | t | z | a | r | f |  | | r | r | n | b | e | m | t | n | t | l | t | m | s | k | f | z | a | j | v | b | x | p | w | a | f | t | r | p | a | p | s | j | v | u | u |  | | g | a | y | w | s | r | o | h | c | h | p | a | t | n | p | r | w | y | i | d | r | r | b | t | z | u | k | c | r | u | r | s | o | y | s |  | | i | a | v | y | p | c | g | q | c | o | y | k | b | m | l | u | j | h | k | e | m | e | m | g | r | a | r | v | q | j | a | w | z | a | t |  | | n | y | h | n | w | i | p | f | q | o | x | j | i | o | z | e | s | s | v | y | n | w | h | b | x | l | f | m | r | s | o | r | r | p | x |  | | r | g | x | o | e | q | l | t | b | v | n | p | k | g | l | r | u | e | d | j | d | s | e | p | f | y | j | s | f | x | k | x | m | p | t |  | | w | x | p | a | o | l | e | n | b | s | w | t | r | u | w | i | n | f | l | y | p | y | p | d | z | v | f | h | z | o | m | i | h | a | w |  | | l | b | g | b | v | b | v | w | g | n | x | h | i | y | g | t | c | i | g | u | e | e | a | d | u | k | p | o | q | c | o | v | q | t | r |  | | b | z | j | n | t | q | s | s | h | h | a | p | u | n | i | w | z | z | z | y | u | o | o | f | f | j | u | g | i | t | h | x | c | s | e |  | | m | h | h | d | b | o | i | s | t | b | s | q | r | o | u | w | b | n | e | k | s | l | m | u | i | z | t | n | q | b | d | i | u | v | t |  | | c | a | x | v | h | i | b | e | t | f | x | u | n | h | z | u | i | z | y | v | s | u | b | n | j | e | o | v | x | z | o | z | f | x | n |  | | t | o | p | v | q | i | n | k | a | o | b | j | y | x | k | r | m | z | k | l | e | o | c | l | c | r | l | j | l | a | j | d | p | t | v |  | | z | j | m | h | r | q | l | j | o | n | f | o | p | g | c | w | g | s | v | a | n | d | d | s | h | s | y | v | d | p | g | v | y | r | c |  | | w | i | x | r | v | m | s | s | w | t | n | b | b | p | j | t | l | z | f | f | t | c | a | c | x | m | u | n | h | h | g | c | f | q | c |  | | o | a | s | m | b | b | j | k | u | z | t | c | h | r | n | l | z | q | i | w | i | x | z | c | i | m | n | o | y | o | z | w | s | n | c |  | | a | b | m | n | o | i | t | i | s | o | p | m | o | c | y | f | z | s | y | d | f | p | l | j | z | h | h | t | l | a | e | h | s | w | a |  | | f | j | i | f | e | b | w | n | t | r | r | c | q | j | l | o | k | q | c | h | t | n | s | p | b | d | p | x | b | r | i | r | h | i | a |  | | |

1. Striving to be the best you can be at any given time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Spans from chronic disease and premature death to a high level of health \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. A person who has a well-balanced life has a high degree of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ requires you to make decision based on sound health knowledge and have an ongoing commitment to physical, mental, emotional, and social health.

5. Starting each day with a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ promotes good health.

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tobacco, alcohol, and drugs promote good health.

7. \_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_ hours of sleep each night promotes good health.

8. The key to wellness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. Maintaining a high level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gives you a sense of total well-being and is important lifelong health goal.

10. Regular physical activity can reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fatigue, make your body stronger, and increase your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. Many teens have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ watching TV, playing video games, or working on the computer rather than being physically active.

12. Food’s energy value is measured in units of \_\_\_\_\_\_\_\_\_ called calories.

13. Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rate rises as your body burns more calories than when it is at rest.

14. It is recommended that teens incorporate \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes of moderate physical activity into their daily lives.

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exercises increases your heart rate to send more oxygen to your muscles to use as energy which improves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ endurance.

16. You need muscular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for activities that involve lifting, pushing, or jumping.

17. You need muscular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to perform lifting, pushing, or jumping activities repeatedly.

18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exercises such as resistance training help to tone muscles.

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps reduce the risk of injuries.

20. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ is used to measure the thickness of fat on three to seven different body parts.

21. The average of the measurements from the skinfold calipers is calculated to estimate the total proportion of body fat; also known as \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.