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Health and Fitness Puzzle

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| **Across**  **2.** The building blocks of proteins  **4.** The count of a repeated exercise  **6.** Organic compound essential for the development of muscle  **7.** Index of a person's weight in relation to their height  **8.** A round of similar or targeted exercises  **10.** Essential elements necessary for cell function to regulate the distribution of body fluids | **Down**  **1.** Blending different training methods into a single intense workout  **3.** Gradually bringing your body back to a resting state after your workout.  **5.** Exercise where your body uses oxygen for fuel  **9.** Unit of measure for the amount of energy it would require to digest food |