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| **Across**  **5.** A good diet will help you live.....  **7.** The respiratory system is used for ..........  **9.** The H......... is a bone in the arm  **10.** What can improve concentration and alertness? | **Down**  **1.** The cardiovascular sysytem pumps what around the body?  **2.** Electrolytes are salts which are lost while.........  **3.** Regular exercise can help you gain what begining with 'S'  **4.** Flexion increases or decreases the angle of body parts?  **6.** What type of stretching is done alone?  **8.** The F..... is a bone in the leg. |