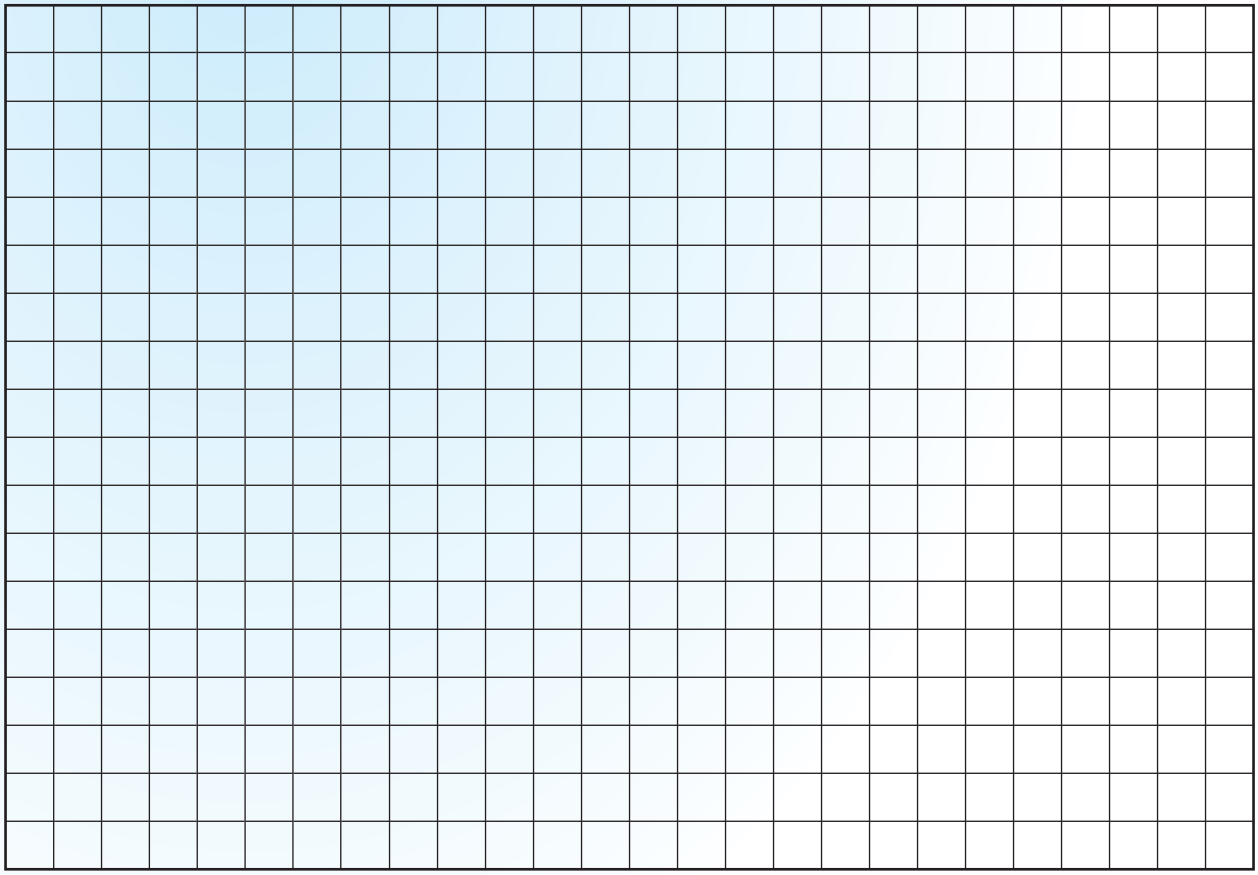
Stretch and Tone Crossword Puzzle

Segment

Use the words below to create your own crossword puzzle

cardiac muscles
stress
bone marrow
calories
carbohydrates
ligament
macronutrients
exercise
metabolism
nutrients
proteins
flexibility
muscles
endurance



Across

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Down

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____