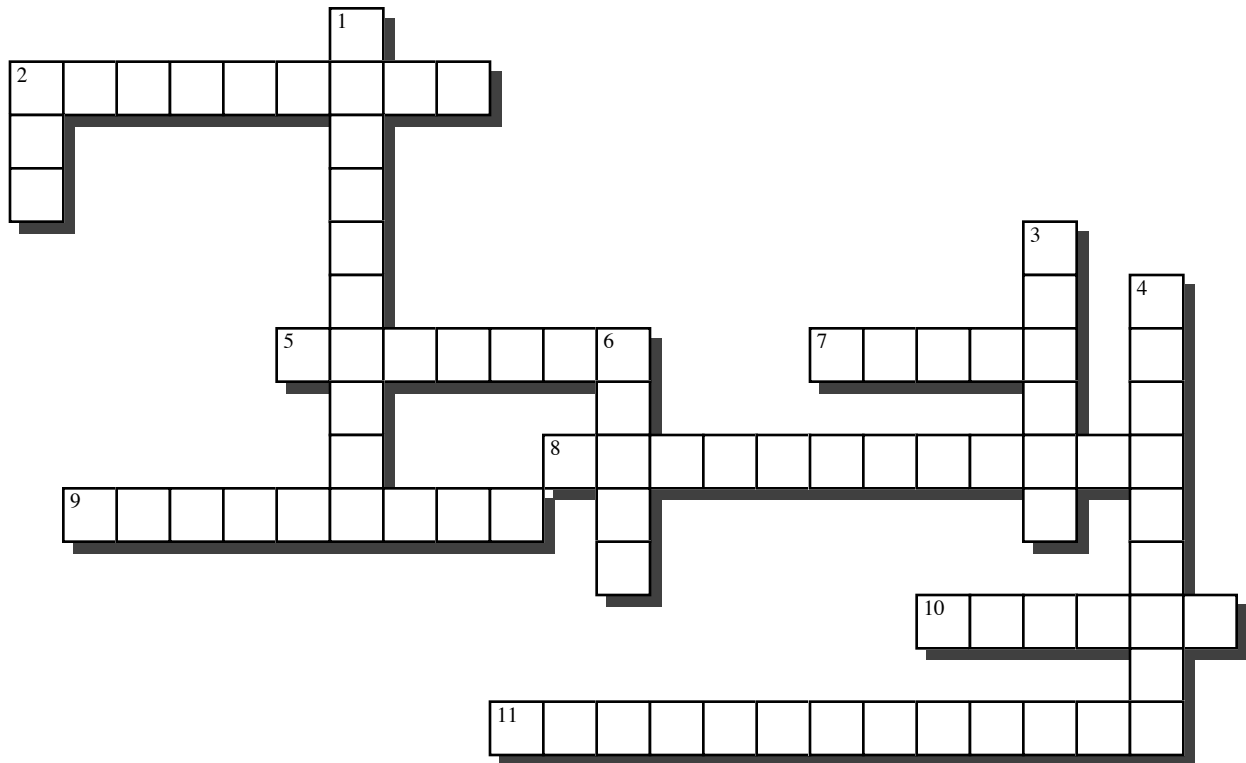


Chapter Two Puzzle

Instructions: Fill in each answer by answering the clues below.



Across Clues

- should be applied whenever one is exposed to the sun (9)
- preparing your body for activity (7)
- the best fluid to drink before, during and after exercise (5)
- study of human motion and the effect forces have on the body (12)
- allows heart rate and breathing to return to normal (9)
- injury to the ligaments or the sac that surrounds a joint (6)
- plastic bottles that will break down and not harm the environment (13)

Down Clues

- loss of body fluids (10)
- the protection factor of sunscreen (3)
- an injury which can tear muscle fibers when a muscle is overstretched (6)
- freezing of body tissues (9)
- the method of treating injuries (5)