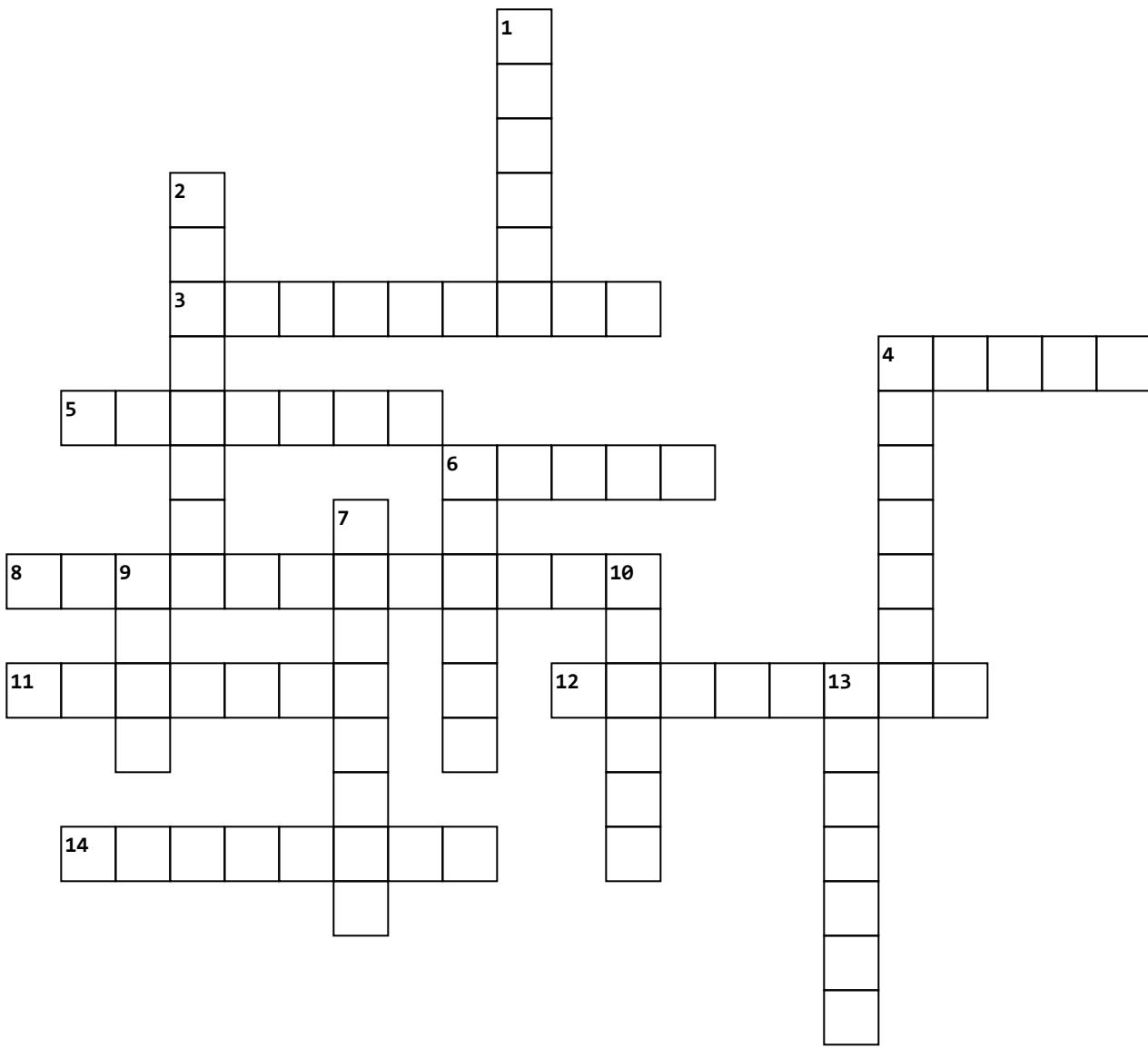


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Across

3. You have this when you can go for a long time.
4. You want more oxygen to get into this when you breathe.
5. You want your bones to be stronger and this.
6. Strong bones are especially important for these kids.
8. Older women get this disease, but not men.
11. Eating and drinking this makes bones strong.
12. Do these for your stomach muscles.
14. You should be able to lower this to six inches above your knees.

Down

1. Every cell in your body needs this to do its job.
2. You are this when you bend easily.
4. The harder you exercise the deeper you do this.
6. Hormones can control this.
7. These chemicals help you to relax.
9. You should be able to do this after jogging for one minute.
10. Hormones and this help you cope with this.
13. Older women may walk this way.