



Sports Science and Healthy Living

e	h	h	h	r	p	c	e	h	n	c	e	h	l	d	t	l	t	n	d
d	s	t	h	e	a	u	a	h	h	r	o	i	t	i	t	o	n	i	d
e	h	f	g	t	a	l	m	o	e	c	e	m	r	c	h	n	c	a	a
c	t	r	s	n	a	l	r	j	h	i	n	e	a	t	a	e	n	e	
m	a	a	n	y	e	e	t	p	a	n	h	n	d	c	c	o	p	e	r
o	w	r	r	h	s	r	b	h	o	w	t	o	o	i	s	e	l	n	o
d	n	h	b	t	e	b	t	o	y	n	o	t	e	t	t	s	w	e	b
r	c	o	e	o	r	s	e	s	e	c	o	l	c	c	o	o	t	h	i
r	e	r	p	g	n	a	u	m	s	y	c	a	t	a	d	s	c	l	c
w	o	r	t	e	r	d	e	c	u	u	r	t	n	l	s	t	i	u	e
l	h	w	g	e	o	m	i	h	n	b	n	n	o	p	e	g	w	n	r
f	u	y	t	t	b	p	y	o	o	s	l	o	i	r	a	l	m	g	r
w	x	a	n	r	m	g	b	h	x	a	c	e	t	u	t	c	c	s	p
o	w	e	a	y	i	i	y	p	i	i	i	s	a	i	e	o	e	i	c
e	u	n	l	e	r	d	o	t	u	r	d	p	r	o	t	e	i	n	s
f	e	o	n	y	r	o	u	r	i	l	c	e	d	a	c	c	a	a	i
t	i	e	x	a	e	x	e	r	c	i	s	e	y	k	d	u	e	r	u
f	c	o	t	g	n	a	a	e	s	f	r	e	h	c	n	n	o	l	h
n	e	e	t	y	d	t	h	a	a	f	a	f	p	d	a	a	s	t	t
d	s	t	a	f	c	n	a	f	p	t	f	d	r	i	u	o	i	d	l

Words to find:

aerobic, carbohydrates, carbon dioxide, cholesterol, cool down, deoxyribonucleic acid, exercise, fats, healthy, heart rate, hydration, hygiene, isotonic, lactic acid, lungs, membrane, olympics, oxygen, pace, proteins, pulse, strength, stretch, warm up, water.