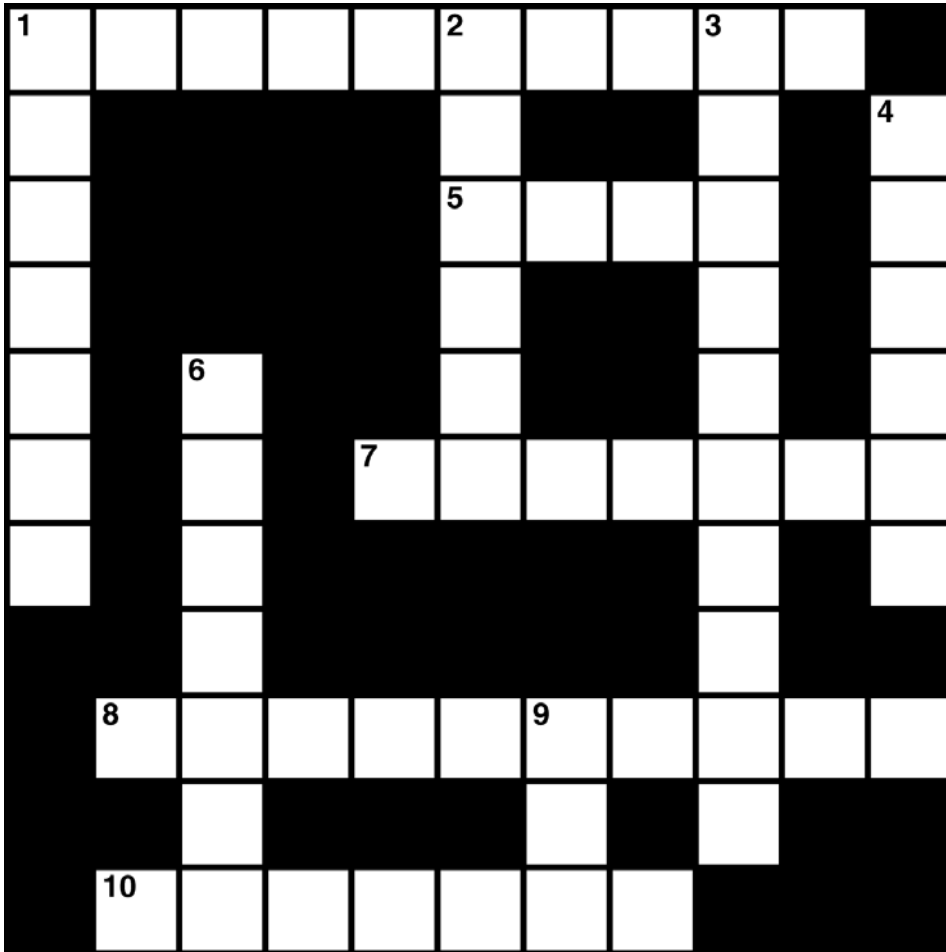


Name: \_\_\_\_\_

### Crossword Puzzle

The puzzle below contains words from *Current Health 1*'s September issue.  
 Hint: Each word is *italicized* in the magazine.



**Across**

- 1. the speed at which the body burns calories when not active (10)
- 5. a person who practices yoga (4)
- 7. hormone that enables the body's cells to use glucose (7)
- 8. two small folds of tissue in the throat that help you speak (5,5)
- 10. this occurs when the muscles of the body twitch uncontrollably because of abnormal signals from the brain. (7)

**Down**

- 1. a brown-black pigment in the skin (7)
- 2. fuel for the brain (6)
- 3. carries messages from your brain to the rest of your body (6,4)
- 4. the part of the eye that sees images and sends them to the brain to be processed (6)
- 6. a form of sugar that comes from food (7)
- 9. helps restore normal breathing in a person who is unable to breathe (3)