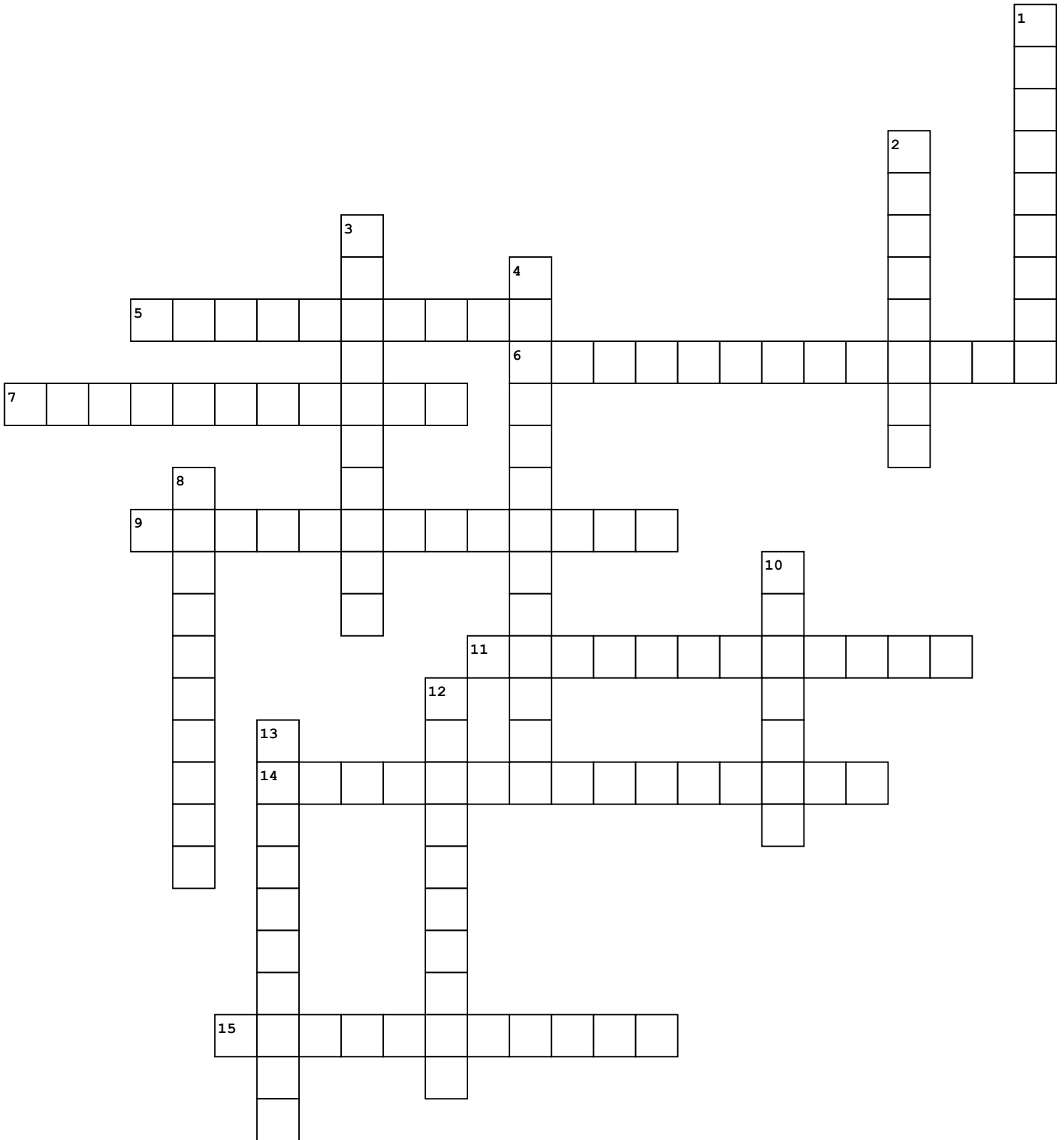


# The Science of Exercise



Across

Down

5. The chemical processes occurring within a living cell or organism that are necessary for the maintenance of life, including the conversion of food to energy.
  6. A change of form, shape, structure, or substance.
  7. A state of physical balance or a calm state of mind.
  9. The distinct individual qualities of a particular person or thing.
  11. Organelles found in large numbers in most cells, in which the biochemical processes of respiration and energy production occur.
  14. The brain's ability to reorganize itself by forming new neural connections throughout life.
  15. In a manner that is full of life and energy; lively or spirited.
1. A bacterium, virus, or other microorganisms that can cause disease.
  2. A source of defense or support.
  3. Long, tubular organelles found within muscle fibers, responsible for muscle contraction.
  4. Relating to or involving the immune system.
  8. Impossible to stop or prevent.
  10. The origin, start, or point at which something comes into being.
  12. The formation and differentiation of muscle tissue.
  13. Hormones secreted within the brain and nervous system, having a number of physiological functions; they are peptides that activate the body's opiate receptors, causing an analgesic effect.