

Body Balance CONTEST



Participate Today!



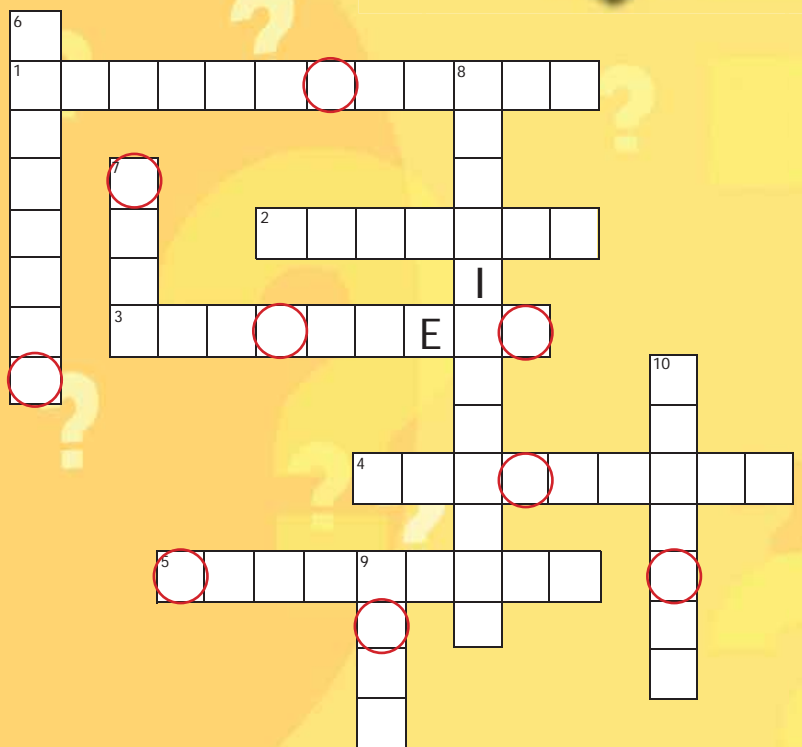
Complete the Body Balance Crossword Puzzle and enter your ballot for a chance to win!

Part 1.

Read the *Body Balance* newsletter and the *Personal Health Guide* to learn about musculoskeletal health. Complete the following questions based on what you read. Then, fill in the blanks in the crossword puzzle.

ACROSS:

- One example of a repetitive strain injury is _____ syndrome.
- Repetitive strain injuries occur when a person repeats a movement or is in an _____ position for a long period of time.
- Falls from _____ are the leading cause of playground injuries in children.
- The musculoskeletal system is made up of many different body parts, such as _____ which connect bones to bones.
- To help prevent playground injuries _____ children at all times.



DOWN:

- In 2009, it was found that 13% of women and 15% of men reported an _____-limiting injury when doing household chores, outdoor yard maintenance, home renovations, or other unpaid work.
- One way to improve the health of your musculoskeletal system is to include foods in your diet that are high in calcium and vitamin D, since these nutrients are important for _____ health.
- “_____, _____” is a common saying that you should NOT follow when being physically active.
- The _____ guidelines are useful for treating minor injuries within 48 hours of becoming injured.
- A chore-related injury may occur if a sharp or hard object is _____ for too long.

Part 2.

Unscramble the circled letters above in the crossword puzzle and answer the following question:

What is the key to core training that prevents back pain and keeps your back healthy?

Answer: Muscle endurance and _____