1. The ________ ________ tells you what percentage of a nutrient one serving of that food or supplement provides compared to the recommended amount. (two words)
2. Your physical activity session should end by gradually slowing down which is often called a ________ ________ at the end of a workout. (two words)
3. ________ training is exercise that stretches and lengthens your muscles.
4. Heart rate, or ________, is how many times your heart beats in a period of time — usually a minute.
5. ________, or sweat, is a clear, salty liquid produced by glands in your skin. It is how your body cools itself.
6. Your ________ is the mass or quantity of your heaviness. It is expressed by units of pounds or kilograms.
7. ________ — also called blood sugar — is the main sugar found in the blood and the main source of energy for your body.
8. ________ is a condition that happens when you do not take in enough liquids to replace those that you lose.
9. Almost all ________ is stored in bones and teeth to help make and keep them strong.
10. There are four major ________ types: A, B, O, and AB.