

Healthy Safe Body/Level 2

Name: _____

Period: _____

Date of Absence: _____

Date Turned In: _____

Y E E N C G C N T F X Q L Q P I
I C V N D U B O N L V S B A C F
P N J T A P F I E E L Q N U I R
Z A Y A K Q M T M X R N O B E X
P R K I K P W N N I J O I U H O
G U Q T V Z B E G B C I T D Q K
A D Z K T P Y V I I S T I F Q R
I N P Z K K C E L L K A R S A C
X E M U G B N R A I X R T T I N
E L H Z M V I P R T U D U R M I
R S F G J U Z Y E Y N Y N E I I
O B S K V N P R P R C H P N L N
N J L K A Q A U O Y I P E G U L
A Z E T Q Y A J R L L H A T B H
P K E C A B C N P S D T D H M F
J G P N N T I I W O I R Z M Y O

Anorexia

Bulimia

Endurance

Flexibility

Hydration

Injury Prevention

Nutrition

Proper Alignment

Sleep

Strength

Pick 5 of the 10 words above and explain why they are important concepts for a healthy safe body in dance. Each word needs to have at least 2-3 sentences of description.

1.

2.

3.

4.

5.