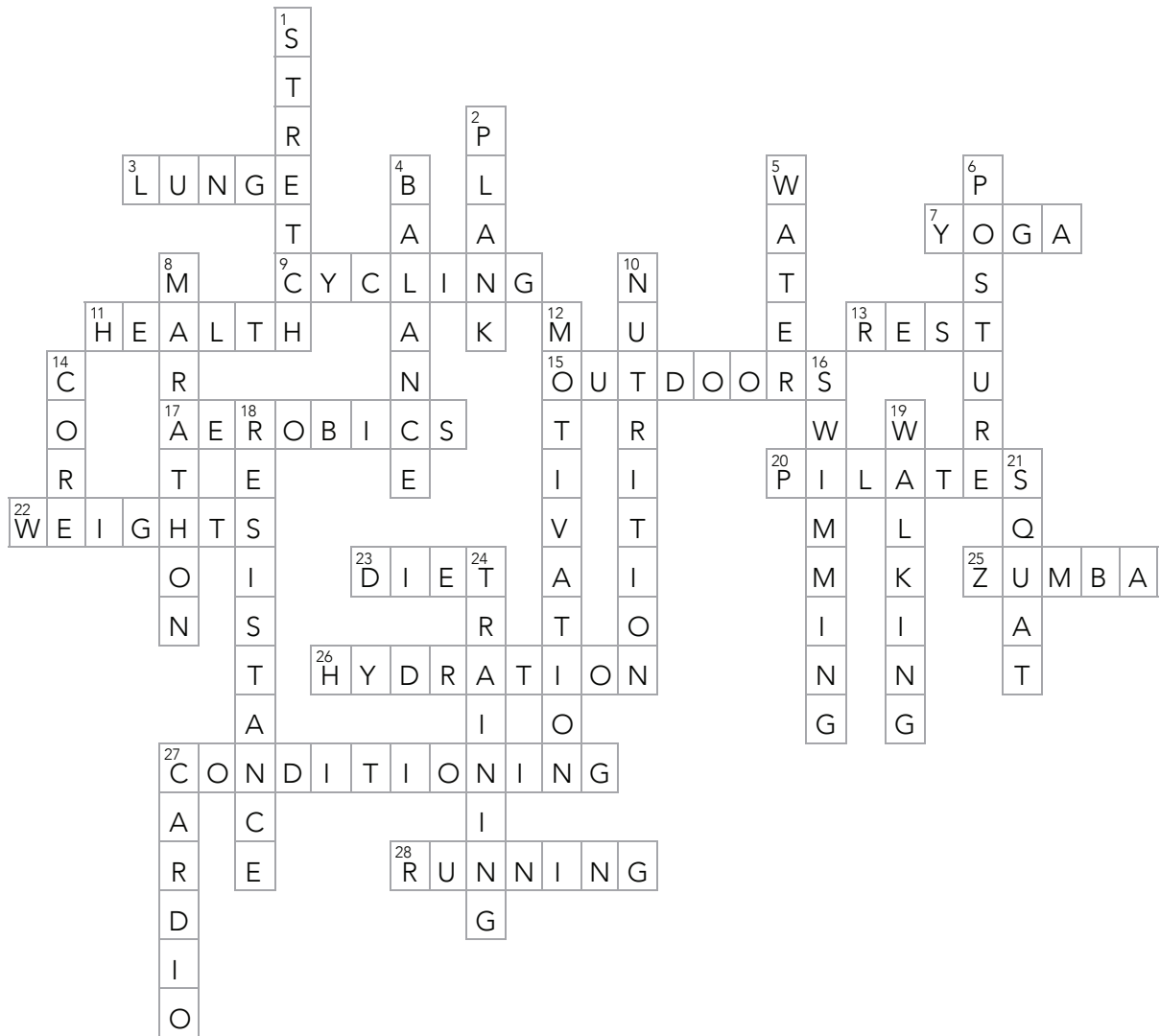


CROSSWORD SOLUTIONS



ACROSS

3. A leg-strengthening exercise
7. Breathing + meditation + movement
9. Triathlon part
11. Overall wellbeing
13. How to recover from fatigue
15. The great _____
17. Strengthens heart and lungs
20. Contrology
22. Use these to build muscle
23. What we eat
25. A popular dance workout
26. After plenty of fluids
27. Helps increase stamina
28. "_____ on Empty"

DOWN

1. 7th inning _____
2. Walk the _____
4. Improve this to avoid falling over
5. The best way to achieve 26 across
6. Standing up straight
8. Long-distance race
10. The science of 23 across
12. Listen to "Eye of the Tiger" to feel this
14. What we have in common with _____ an apple
16. Dory said, "Just keep _____"
18. Type of training (against force)
19. "_____ on Sunshine"
21. Toddlers do this with ease
24. Montage theme in 80s movies
27. Exercise to raise your heart rate