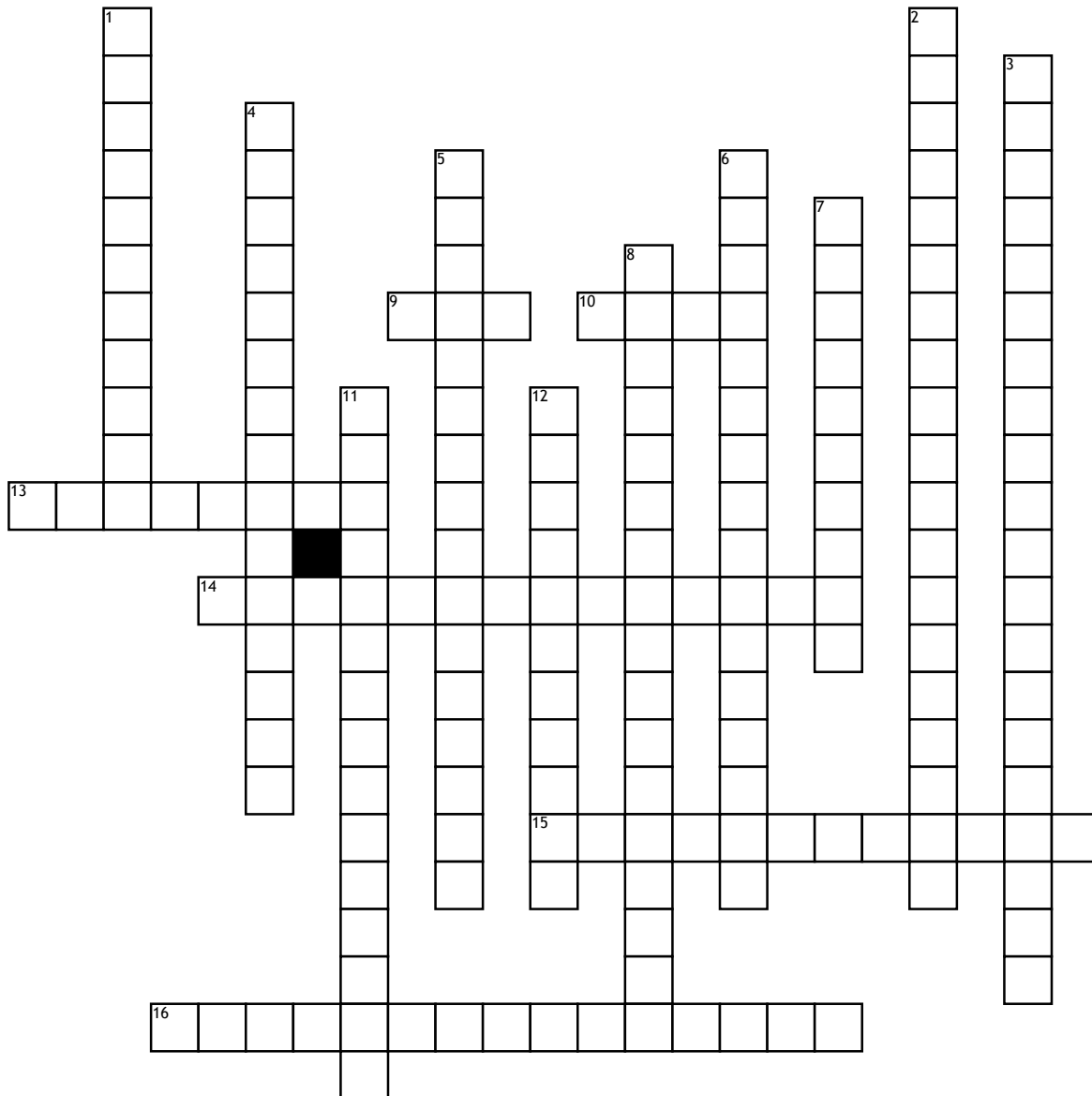


Name: \_\_\_\_\_

# Chapter 6 - Key Terms



## Across

9. A fixed number of repetitions followed by a rest period.

10. A formula made up of four important parts involved in fitness training: frequency, intensity, time and type of exercise.

13. An inability to sleep, even if one is physically exhausted.

14. A disease that develops gradually and continues over a long period of time

15. A condition that occurs as a result of exceeding the recommendations of the FITT formula.

16. The ability of the body to perform daily physical activities without getting out of breath, sore or overly tired.

## Down

1. The number of times an exercise is performed.

2. A heart rate range within which the most gains in cardiorespiratory health will occur.

3. Fitness qualities that are necessary to maintain and promote a healthy body

4. The body's internal system for regulating sleeping and waking patterns.

5. A lack of sleep

6. The number of times the heart beats per minute while at rest.

7. A sleeping disorder characterized by interruptions of normal breathing patterns during sleep.

8. Any product that is taken by mouth that can contain a dietary ingredient and is also labeled as a dietary supplement.

11. A synthetic version of the male hormone testosterone used for promoting muscle development.

12. A state in which the body has lost more water than has been taken in.