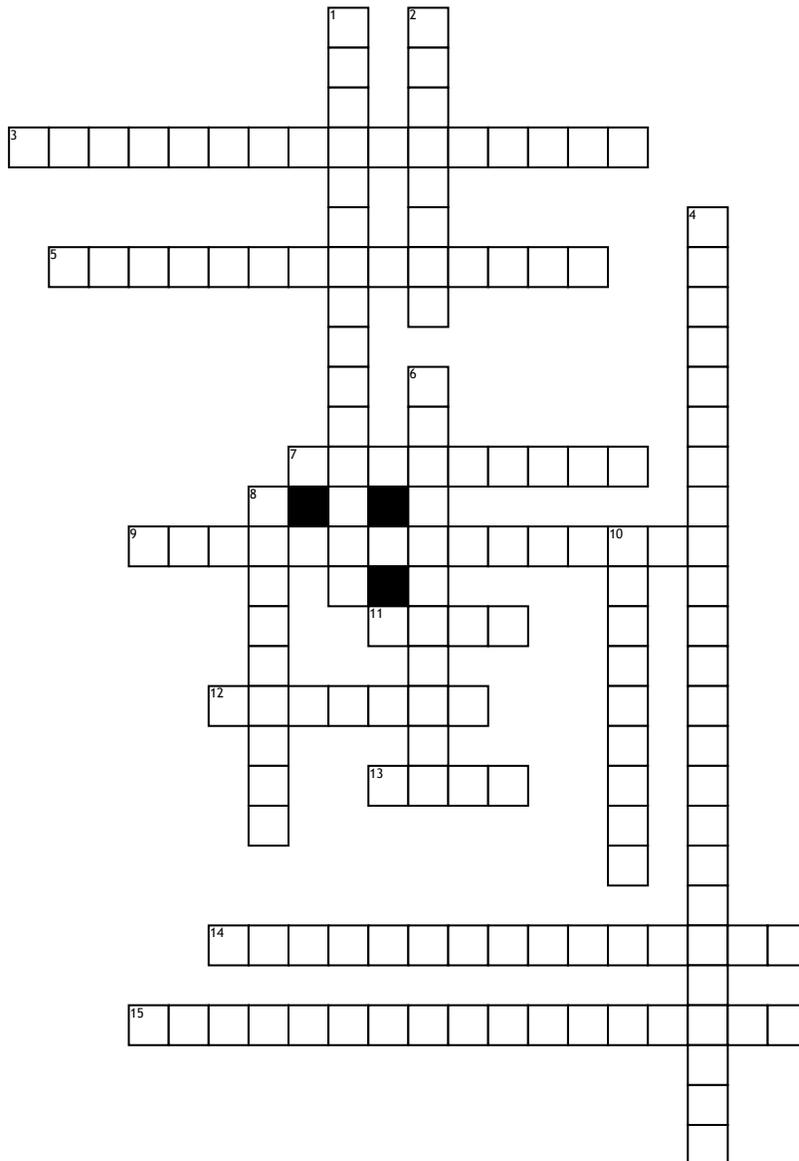


FITNESS



Across

3. The amount of force that a muscle is capable of exerting in one contraction.
 5. A heat stress illness caused by significant dehydration resulting from exercise in hot and /or humid conditions
 7. without oxygen
 9. injuries that result from the cumulative effects of day after day stresses
 11. the duration of an exercise session
 12. with oxygen

13. what kind of exercises a persons does in an exercise program
 14. The proportions of fat and fat free mass.
 15. A muscle's ability to exert force repeatedly without fatigue.
- ## Down
1. A balance o fhealth-related attributes that allows you to perform moderate to vigorous physical activities.

2. What is planned, structured, and repetitive bodily movement done to improve or maintain 1 or more components of physical fitness.
 4. The ability of the heart, lungs, and blood vessels to supply oxygen to skeletal vessels to supply oxygen to skeletal muscles during physical activity
 6. The range of motion, or amount of movement at a particular joint.
 8. how many days per week a person should exercise
 10. how hard or how much effort is needed when a person exercises