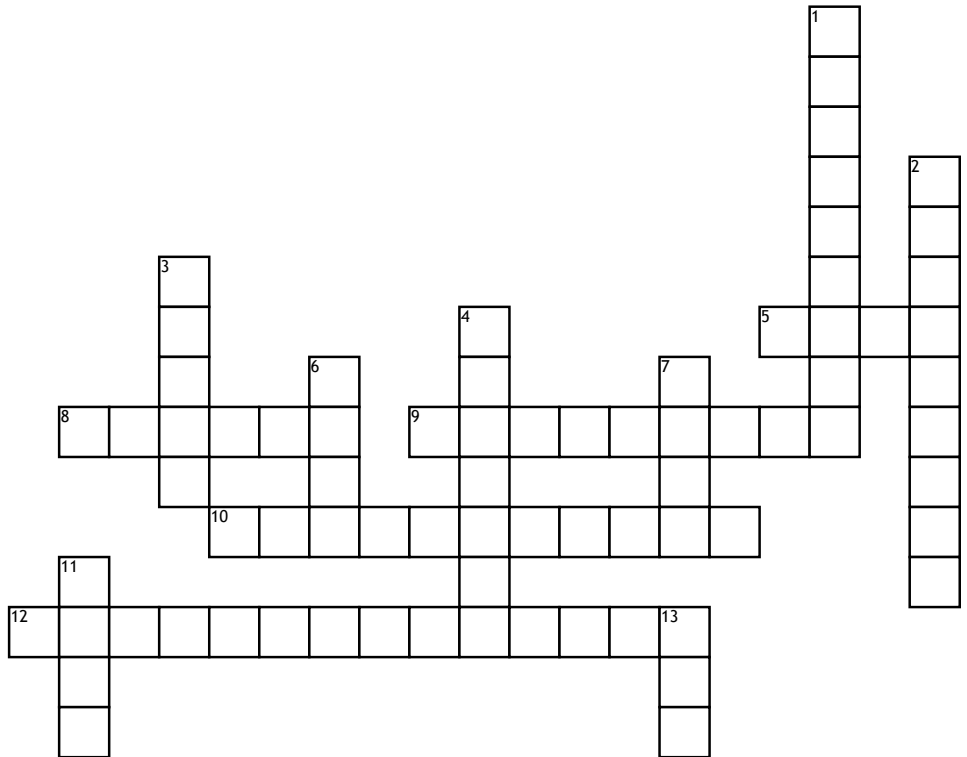


FITT Principle

Across

- 5. What does the first "T" stand for in the FITT Principle?
- 8. Carbohydrates are used by the body for _____.
- 9. What does the F stand for in the FITT Principle?
- 10. Which component of fitness is tested using the sit and reach test?
- 12. _____ endurance involves the heart and lungs keeping your body moving.



Down

- 1. What does the "I" stand for in the FITT Principle?
- 2. Exercise done with high intensity and no oxygen is called _____.
- 3. Frequency means how _____ you do an exercise.
- 4. Exercise done for a long time with oxygen is called _____.
- 6. What does the second "T" stand for in the FITT Principle?
- 7. Protein is best found in this type of food.
- 11. Intensity means how _____ you are working during exercise.
- 13. Sprinting means to _____ as fast as possible.

