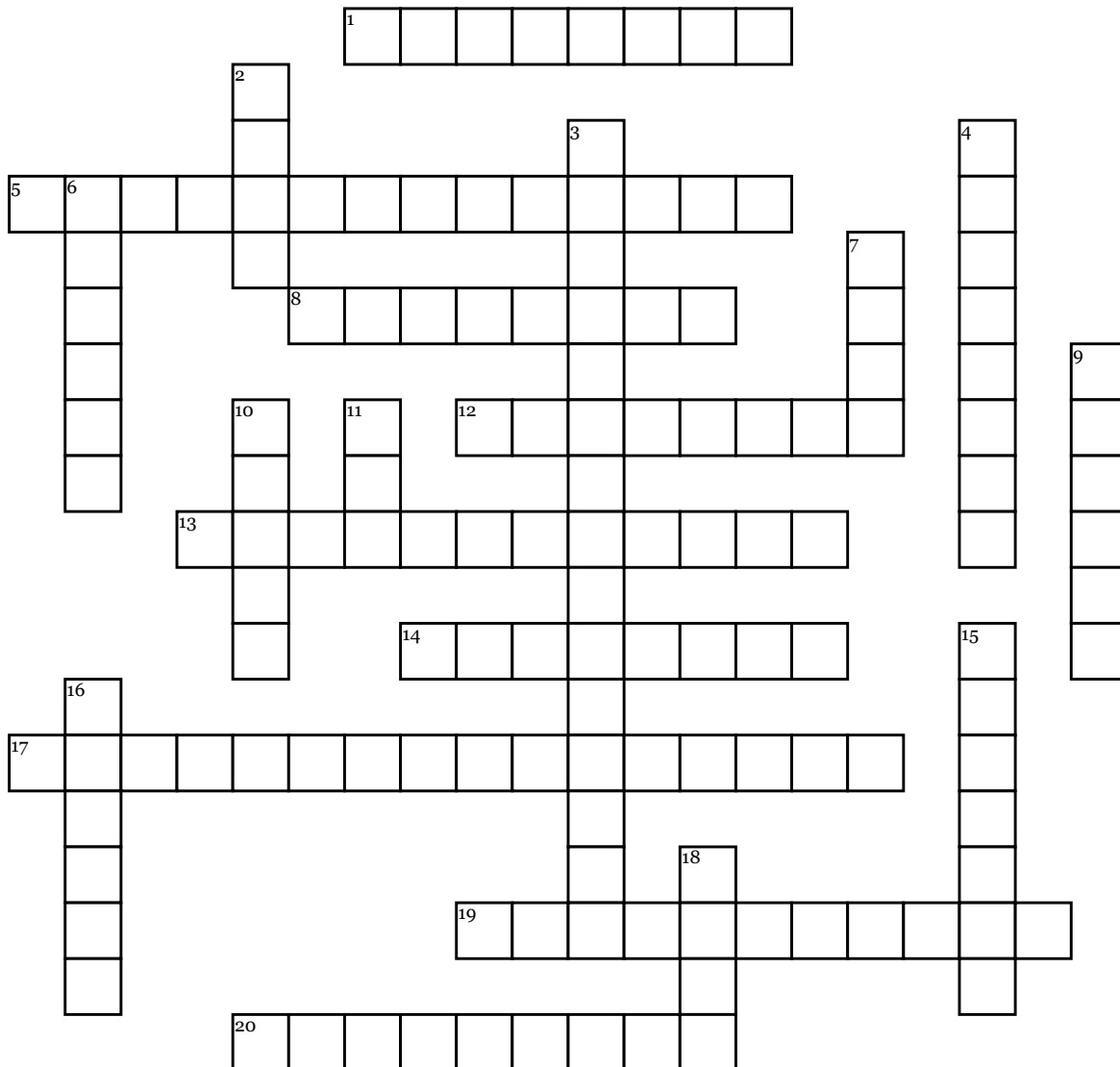


Name: _____

Date: _____

Fitness



Across

1. _____: Gentle exercises that let your body adjust to ending a workout.

5. Anything dealing with the body is _____.

8. Keeping your health _____ in complete balance can keep you and your body healthy.

12. The 3 phases of an exercise/work-out program are warm up, _____, and cool down.

13. _____ is when you get along with one another and you interact.

14. To improve your physical health you can _____ eat healthy, and have good hygiene.

17. The highest heart rate an individual can safely achieve through exercise stress is _____.

19. The ability to move joints fully and easily through a full range of motion is _____.

20. Expressing your feelings in positive ways is an example of mental/_____ health.

Down

2. _____ calipers are another way body composition can be measured.

3. Your body should be consistently working at _____ during exercises.

4. Muscular _____: The most weight you can lift or the most force you can exert at one time.

6. A combination of physical, mental/ emotional, and social well-being is _____.

7. _____ composition refers to the ratio of body fat to lean body tissue.

9. Listening to music is one example of how to manage _____.

10. The heart's purpose is to keep _____ pumping through your body.

11. Body composition can be measured by a _____ calculator.

15. Training and lifting _____ focuses on muscular strength and endurance.

16. Gentle exercises _____ to prepare your muscles for moderate to vigorous activity.

18. It is recommended that teenagers get _____ hours of sleep.