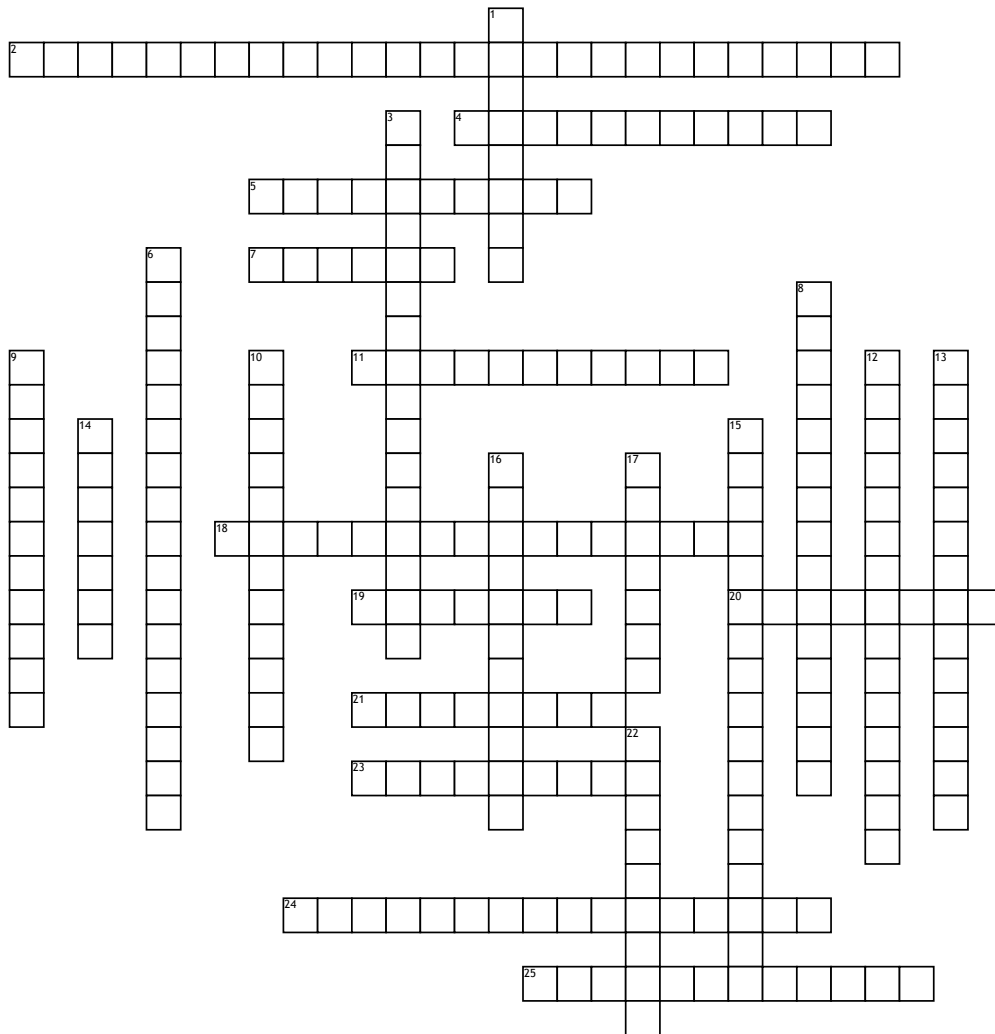


Name: _____

Fitness



Across

2. the ability of your heart, lungs and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity
4. the ability to move your body parts through a full range of motion
5. when the body loses its ability to cool itself through perspiration
7. a gentle cardiovascular activity that prepares the body for work
11. gradually increasing the demands on your body
18. the number of times your heart beats per minute when you are not active
19. results from over stretching and tearing a muscle
20. exercising at a level that's beyond your regular daily activities

21. purposeful physical activity that is planned, structured and repetitive and that improves fitness

23. damage to the skin and tissues caused by extreme cold

24. any form of movement that causes your body to use energy

25. overworking the body

Down

1. low-level activity that prepares your body to return to a resting state

3. the amount of force your muscles can exert

6. the ability of your muscles to perform physical tasks over a period of time without tiring

8. rhythmic activity that uses large muscle groups for an extended period of time

9. dangerously low body temperature as a result of exposure to extreme cold

10. sudden and sometimes painful contractions of the muscles

12. the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

13. a form of physical stress on the body caused by overheating

14. injuries to the ligaments around a joint

15. involves intense, short bursts of activity

16. choosing the right types of activities to improve a given element of fitness

17. the part of an exercise session when you are exercising at your highest peak

22. involving little physical activity

Word Bank

exercise
heatexhaustion
workout
cardiorespiratoryendurance
hypothermia
physicalactivity
sedentary

musclecramps
frostbite
cooldown
physicalfitness
specificity
overexertion

progression
restingheartrate
heatstroke
anaerobicexercise
warmup
aerobicexercise

strains
muscularstrength
muscularendurance
sprains
overload
flexibility