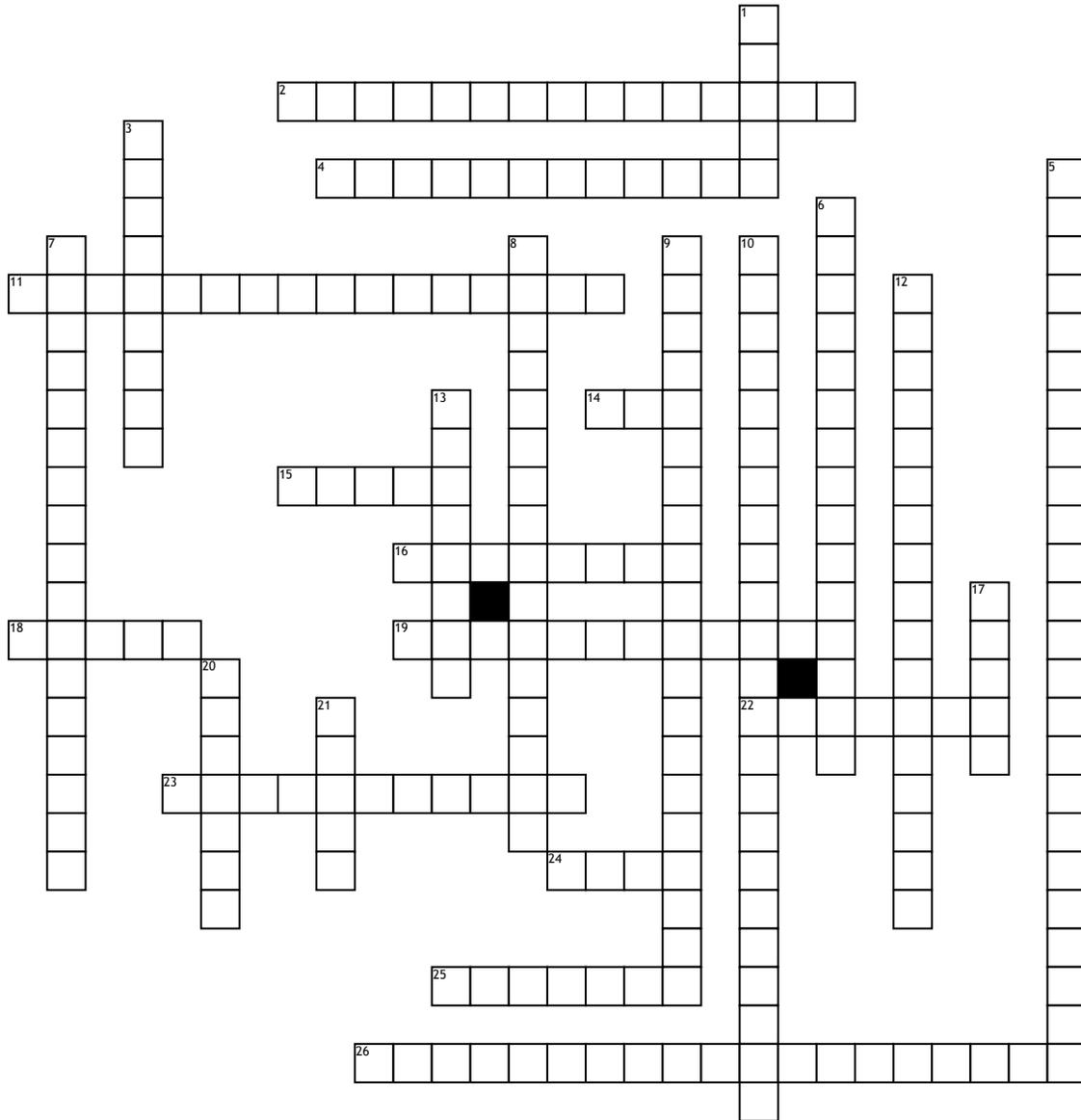


Fitness Components



Across

- 2. The percentage of different types of body tissues on a body.
- 4. The amount of time it takes you to respond to a signal once you receive the signal.
- 11. The speed at which your heart pulses when you are resting quietly.
- 14. Cool down periods should last at least ___ min
- 15. The ability to do a maximum amount of work in a short period of time.
- 16. The ability of the muscles to move objects (without force).
- 18. Your target heart rate zone is ___% to 90% of your maximum heart rate. This zone is where you receive the best workout
- 19. Being able to integrate the use of two or more parts of your body.
- 22. The position of your body when you are standing or sitting.

- 23. The ability to move your joints through a full range of motion.
 - 24. Warm up periods should last a minimum of ___ minutes
 - 25. The ability to keep your body in an upright position while standing or sitting
 - 26. Activities when your body is using oxygen faster than your heart and lungs can supply it to the muscle groups.
- Down**
- 1. Physical fitness goals are more likely to be effective if you _____ them down.
 - 3. The number of times your heart pulses in a minute
 - 5. The bodys ability to take in adequate amounts of oxygen
 - 6. The state in which all body systems function together
 - 7. Using large muscle groups for a long period of time at a steady pace

- 8. The highest speed at which your heart is able to contract = 220- (your age)
- 9. One of the many diseases exercise can help to reduce the liklihood of
- 10. The highest potential in sports performance
- 12. The ability to use a muscle group over and over without becoming tires.
- 13. To improve your fitness level, you should increase your intensity to 70-80% of your maximum heart rate, as well as increasing the _____ of your workouts to 60 min
- 17. The quickness which you are able to complete a motion
- 20. The ability to change the position of your body with speed and control.
- 21. You should do moderate-intense exercise for a miniimum of 20 minutes _____.