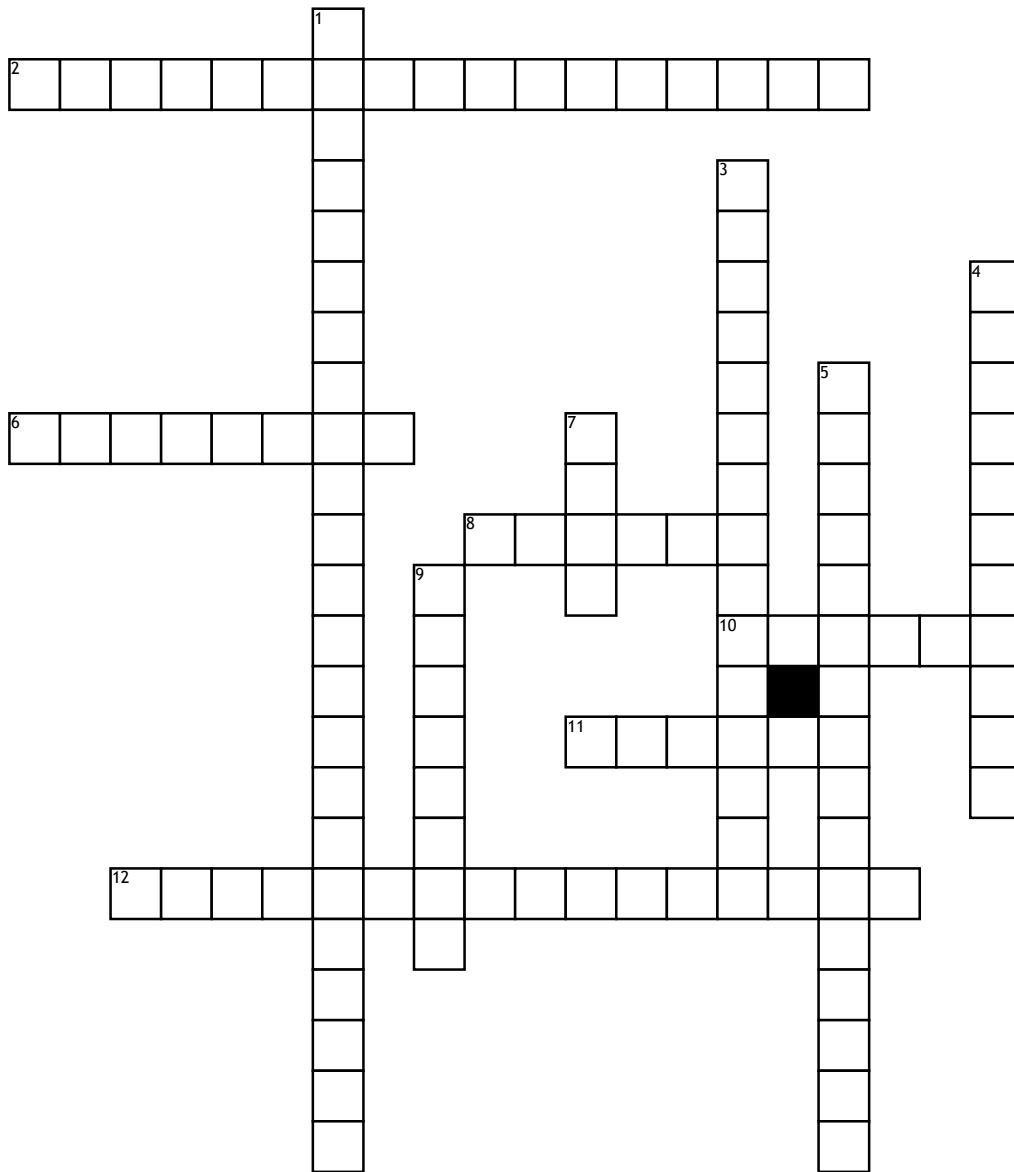


Name: _____

Fitness Components



Across

2. How long your muscles or body can do a physical activity without getting tired

6. Planned physical activity for the purpose of becoming healthier

8. The _____ test is used to test muscular endurance

10. Being a dependable friend is one characteristic of good _____ health (physical, mental, or social)

11. When people enjoy gaining new knowledge and skills, their _____ health will benefit

12. Moving heavy furniture around your house requires

Down

1. The PACER test is for this fitness component

3. Ratio of body fat to lean muscle

4. How well your body parts can move through their full range of motion

5. Any movement of the body that uses energy

7. The abdominal muscles, oblique muscles, and glutes belong to a group of muscles known as the _____ muscles

9. One way to improve _____ health is to eat a balanced diet, including breakfast, from all food groups (physical, mental, or social)