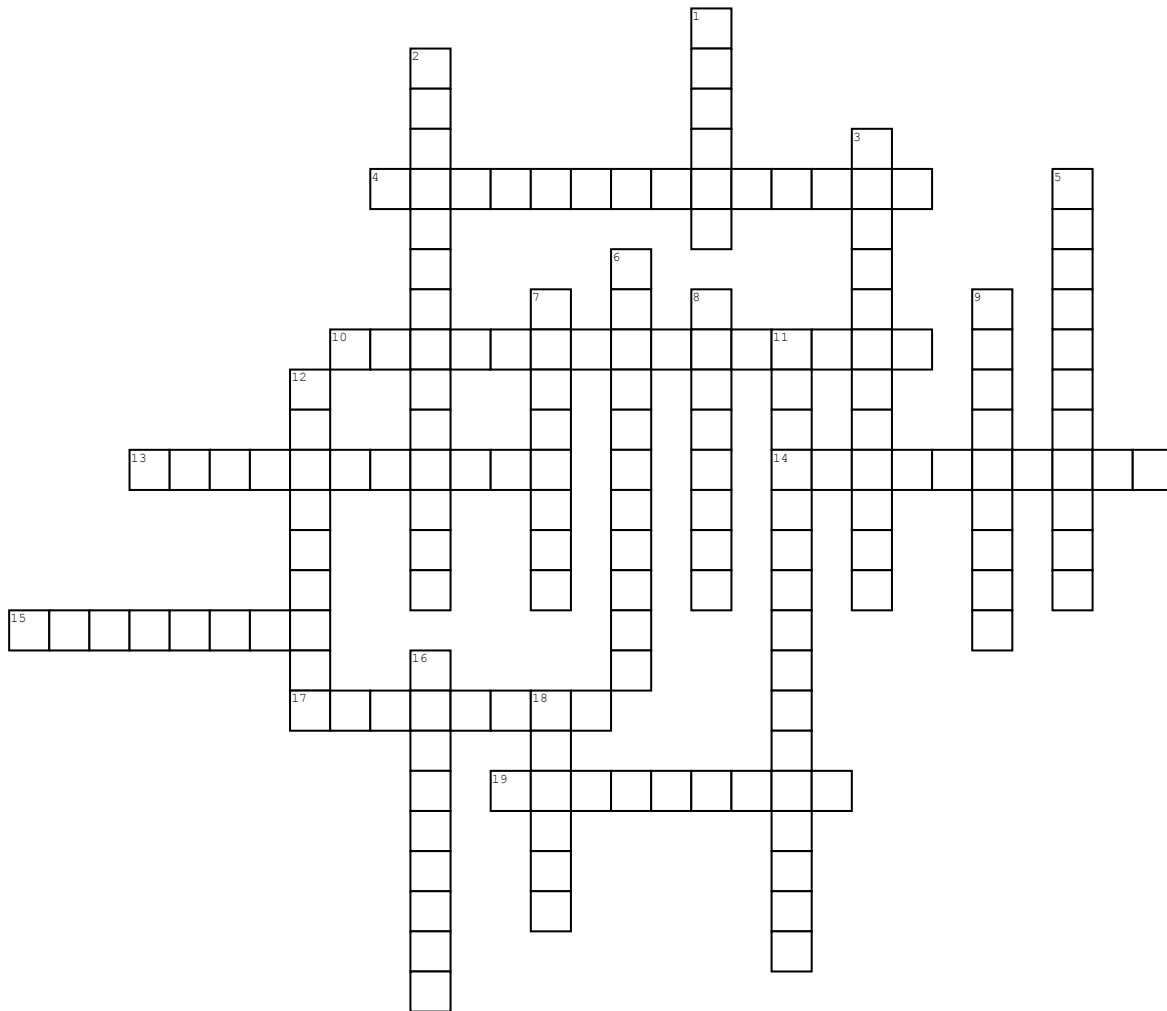


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fitness Crossword



## Across

4. result to body overheating  
 10. minimum of heartbeats in a given time  
 13. harmful reduction of water in the body  
 14. inflammation of a tendon  
 15. exercise done after an intense activity  
 17. activity requiring physical effort

19. injury to body tissues by exposure to extreme cold

## Down

1. physical performance beforehand  
 2. fracture of a bone caused by stress  
 3. process of training  
 5. injury caused when normal position of a joint is disturbed  
 6. bending without breaking

7. quality or state of being physically strong  
 8. breaking of a bone  
 9. quality or state of being intense  
 11. number of times your heart beats at complete rest  
 12. demands great physical stamina  
 16. rate at which something occurs  
 18. twist of a ligament that causes pain