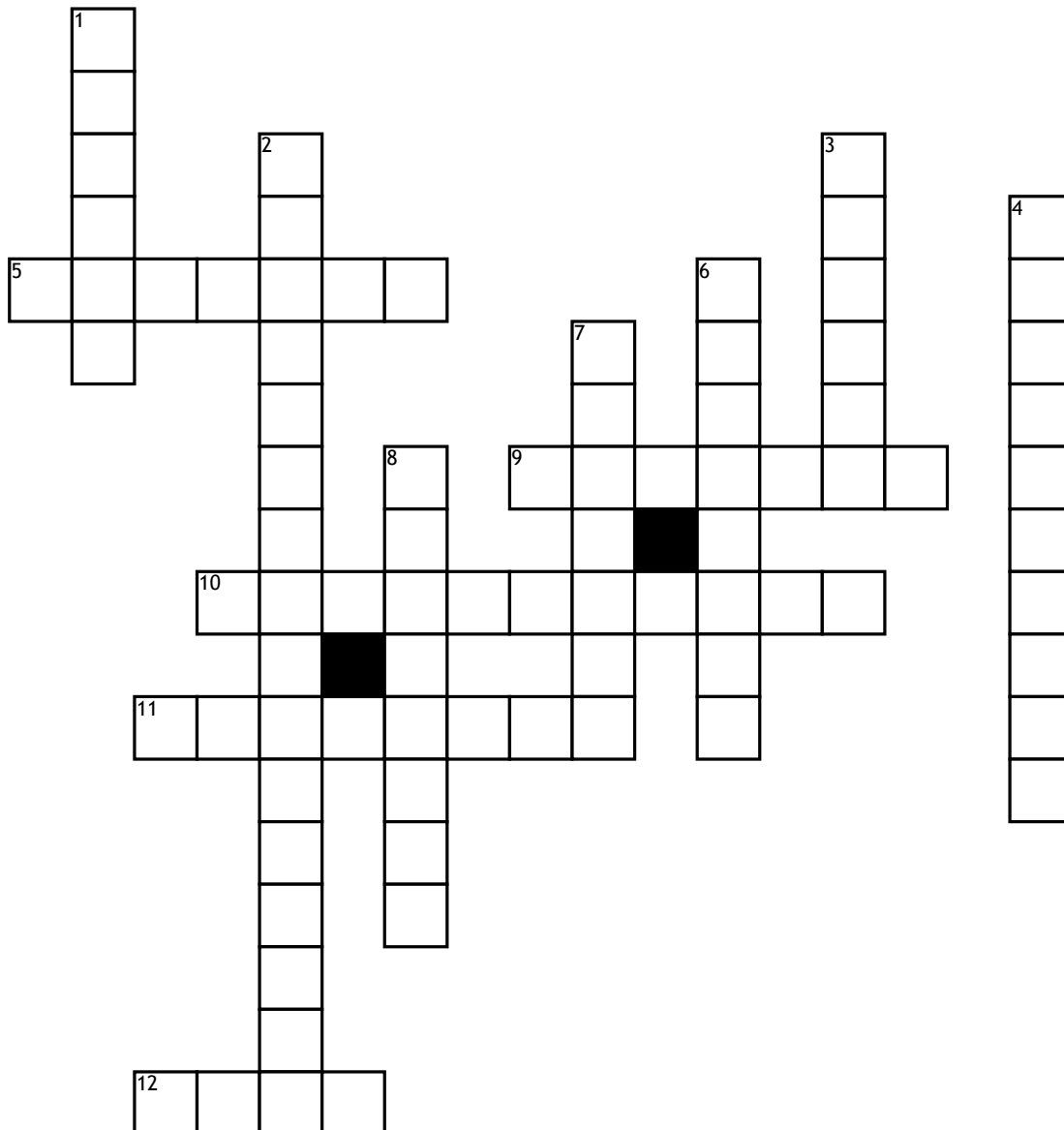


Name: _____

Date: _____

Fitness Crossword



Across

- 5. low fat is not necessarily _____
- 9. snack high in protein
- 10. this type of exercise can help you increase power
- 11. always cool down after exercise to avoid this
- 12. exercise often used for relaxation

Down

- 1. low calorie beverage
- 2. training in which an athlete alternates between two activities, typically requiring different rates of speed, degrees of effort
- 3. work out with this to help motivate you
- 4. DV on a food label stands for

- 6. never drop below 1200 _____ to lose weight
- 7. type of exercise that helps improve strength, flexibility and posture
- 8. amount of water lost in one hour of vigorous exercise