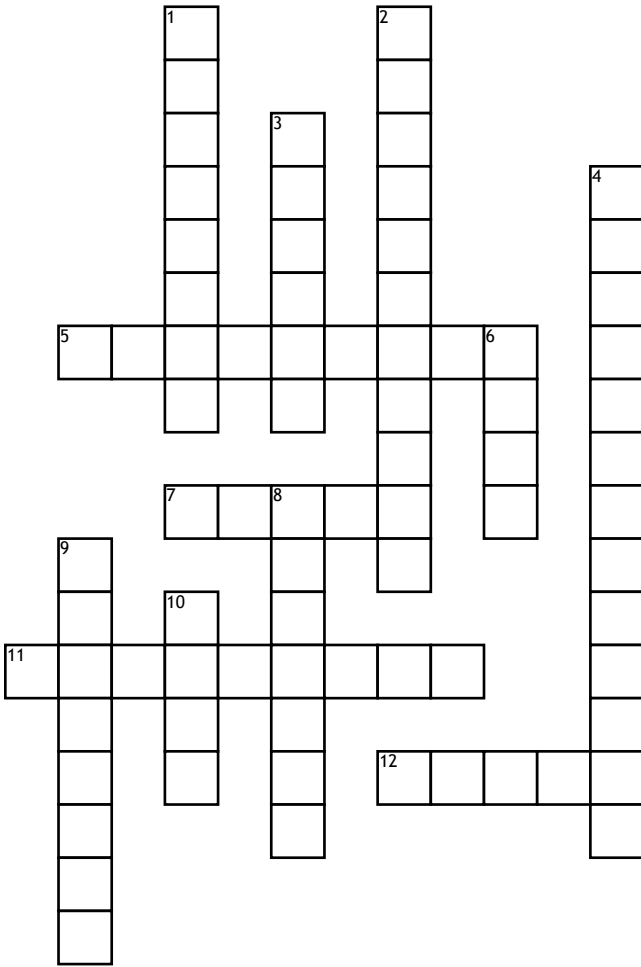


Fitness Crossword Puzzle



Across

5. The I in the F.I.T.T principle stands for?

7. Acronym for goals that are Specific, Measurable, Attainable, Relevant, and Timely

11. _____ Syndrome is a cluster of conditions that increase the risk of heart disease, stroke, and diabetes

12. Drink this daily

Down

1. _____ Training using less reps and higher weights

2. The Range of motion of joints and mobility of muscles

3. Walk for a long distance, usually in the woods

4. Normal Range is less than 120/80

6. Cobra and downward dog are _____ poses

8. Exercise that increases heart rate and the use of oxygen

9. Physical activity to sustain or improve health and fitness

10. The M in BMI stands for?