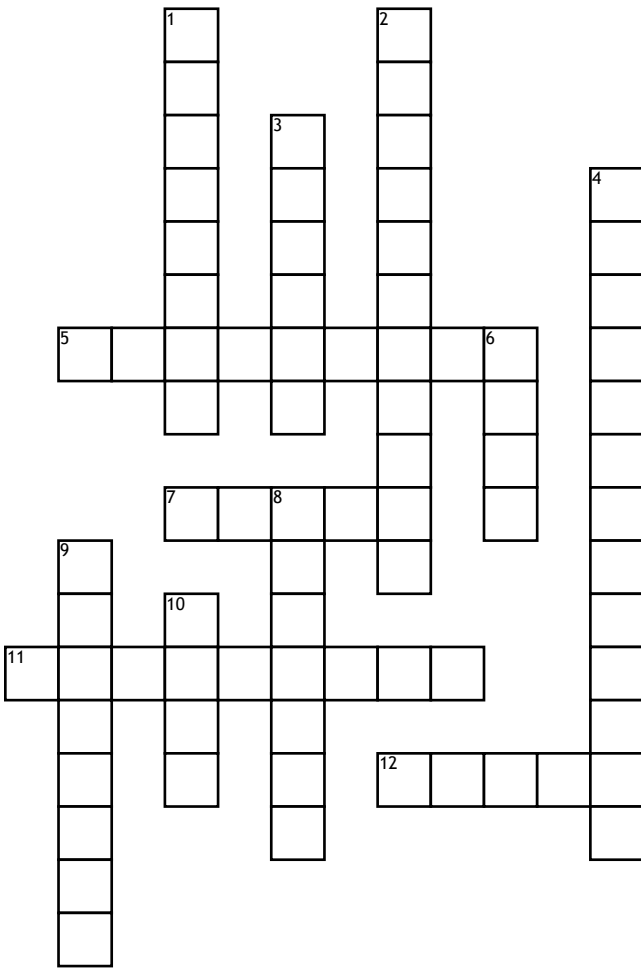


Fitness Crossword Puzzle



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?