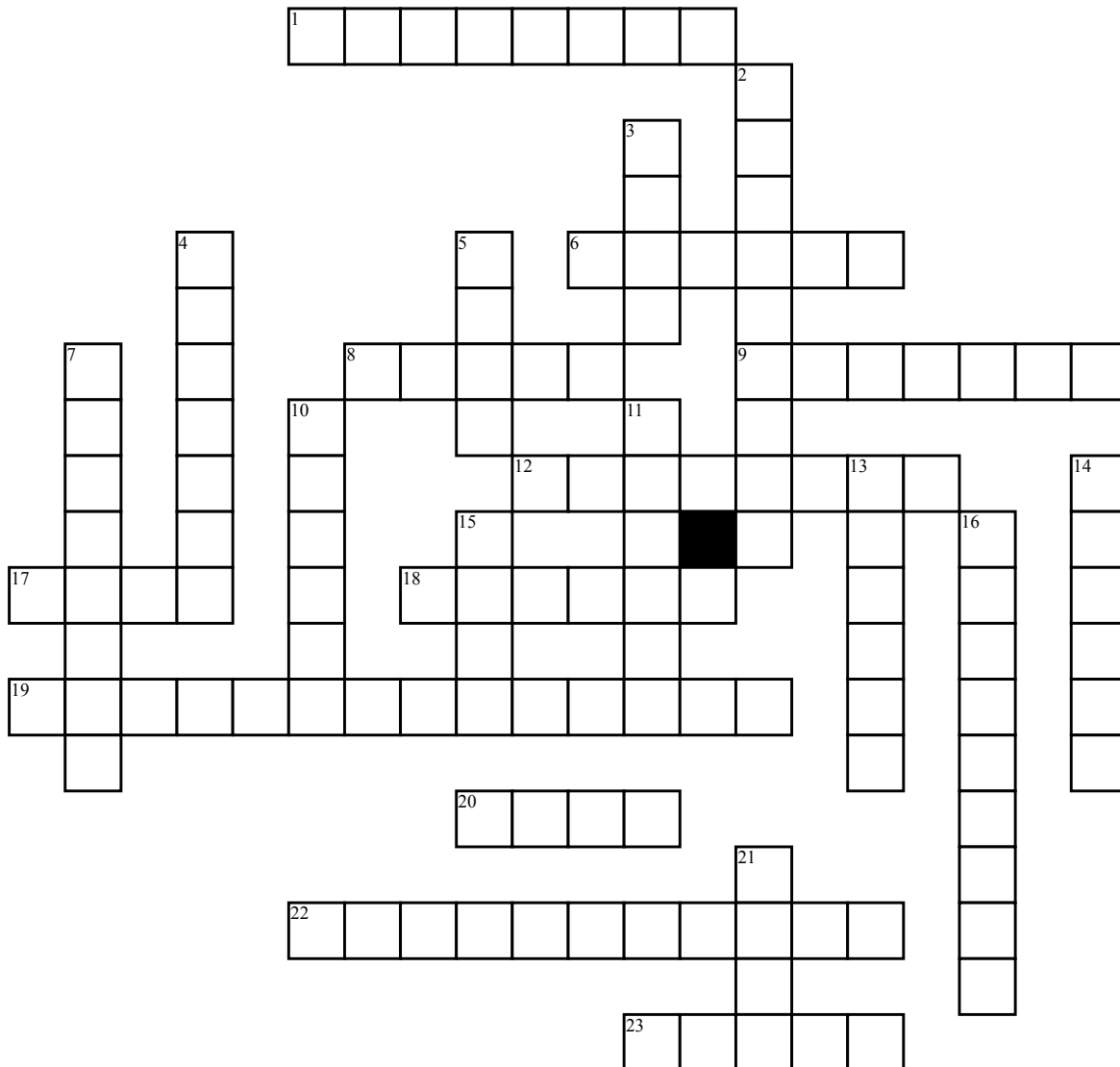


Fitness Fun!



Across

1. Warm Up, Activity, then _____ are the three stages of an exercise workout plan.
6. A very common ab workout.
8. The heart pumps _____ throughout the body to send oxygen to the muscles and remove waste.
9. Ability to change direction or position of body with speed and accuracy.
12. Regular _____ can increase self esteem, self confidence, and reduce anxiety.
17. Suggested amount of sleep that teenagers should get.
18. Healthy Living refers to a person's mental or physical _____.
19. _____ health relates to the heart and blood vessels.

20. In the Canada's Food Guide there are _____ food groups.

22. _____ is being able to move joints and muscles through a wide range of motion.

23. You should drink about 2L of _____ a day.

Down

2. Muscular _____ is using muscles for long periods of time without tiring them.

3. Lactic _____ is produced in the muscles during intense exercise and can be pain full if buildup occurs.

4. The ability to keep an equilibrium while stationary or moving.

5. Can drastically affect your day.

7. _____ health includes proper care for our bodies.

10. Running on a treadmill is considered this type of exercise.

11. _____ health includes a persons emotions, stress, and state of mind.

13. Getting enough sleep and listening to music are two ways to manage _____.

14. _____ health includes the way we interact with other people.

15. To tone your body, use less weight but do more _____.

16. Most important meal of the day.

21. Improve physical health by having good hygiene, a healthy _____, and lots of exercise.