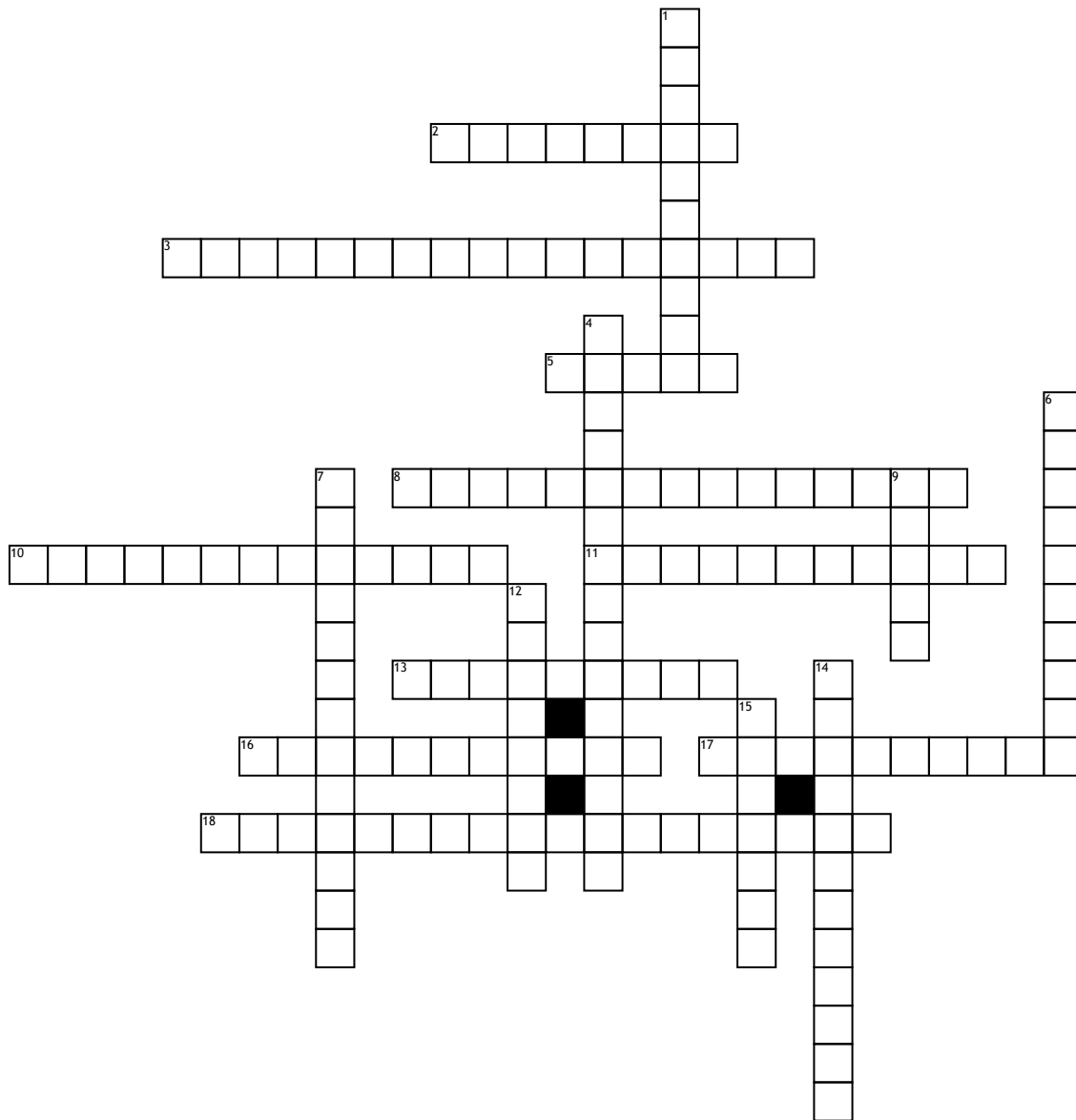


Name: _____

Date: _____

Fitness and Wellness



Across

2. A state of being that allow a person to reach their fullest potential
 3. Ability of muscle to contract repeatedly or for long durations
 5. Ability to combine speed and force in movements
 8. Ability of body systems to work efficiently and effectively
 10. Second step in the stages of change
 11. Bottom of the metabolism pyramid

13. What does the "I" stand for in F.I.T.T

16. Ability to move joints through full range of motion

17. The breakdown of substances in the body

18. BMR stands for

Down

1. What does the "M" stand for in SMART goals?

4. Ratio of lean body mass to fat mass measures this

6. Range of biochemical processes that occur in the body

7. Components of fitness that allow you to stay healthy

9. What does the "S" in SHMEC stand for?

12. Principle states you must do more than the body normally does to get results

14. Amount of time it takes to move once you realize the need to act

15. Having "no time" is the number one _____ to exercise