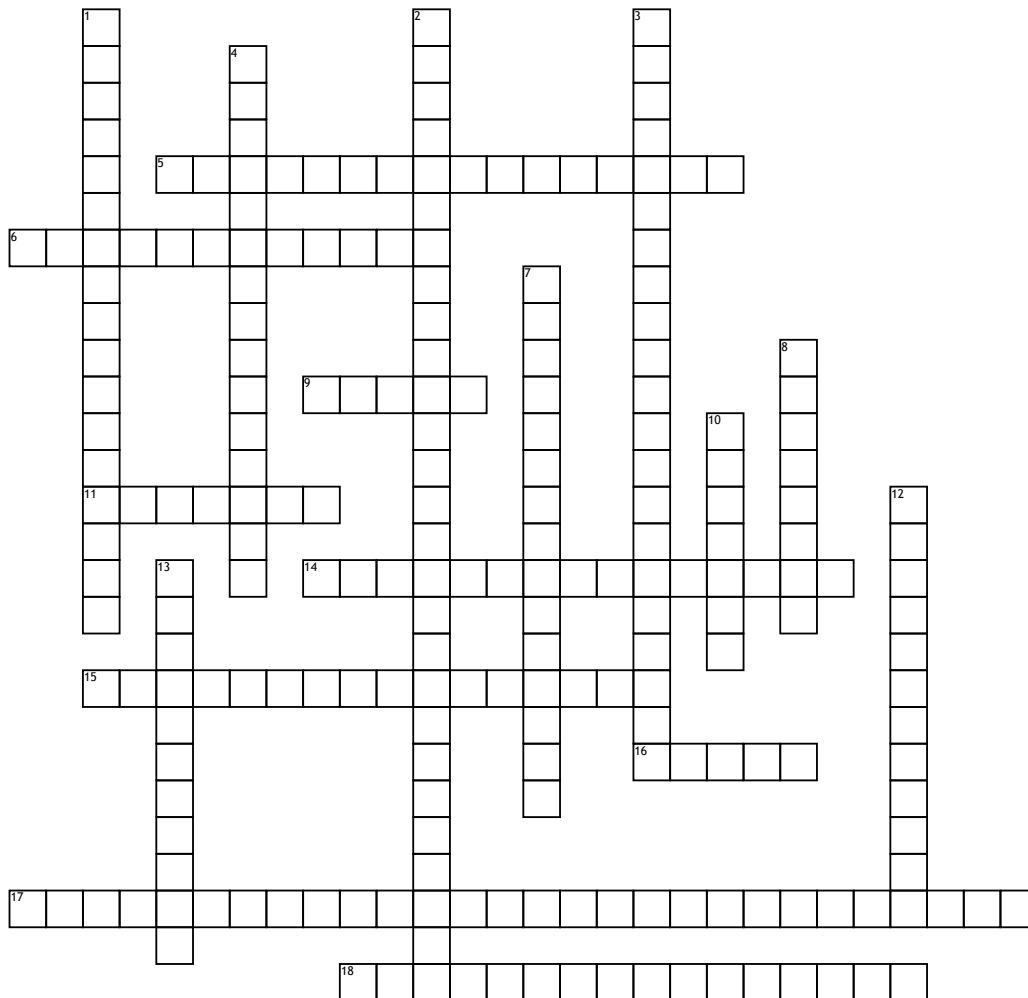


Name: _____

Date: _____

Fitness and Wellness



Across

5. movement using the large muscles of the body
 6. amount of time it takes to move once you realize the need to act.
 9. ability to use strength quickly
 11. the ability to change the position of one's body quickly and to control one's body movements.
 14. the ability of your body systems to work together efficiently
 15. age related number of beats per minute of the heart when working at its maximum
 16. ability to perform a movement or cover a distance in a short period of time

Word Bank

Physical Fitness
 Flexibility
 Health-Related Physical Fitness
 Target heart rate
 Balance
 Speed

17. parts of physical fitness that help a person stay healthy
 18. number of heartbeats during a period of inactivity

Down

1. ability to use your muscles many times without tiring
 2. parts of fitness that help a person perform well in sports and activities
 3. ability to exercise your entire body for long periods of time without stopping
 4. percentage of body weight that is made up of body fat
 7. a zone that one is aiming to get while exercising

Body Composition
 Wellness
 Cardiovascular Fitness
 Agility
 Resting Heart Rate
 Power

8. state of being that enables one to reach his/her fullest potential

10. ability to keep an upright posture while standing still or moving
 12. ability to use your senses together with your body parts or to use two or more body parts together
 13. ability to use your joints fully through a wide range of motion

Physical Activity
 Muscular Endurance
 Skill- Related Physical Fitness
 Maximum Heart Rate
 Coordinaiton
 Reaction Time