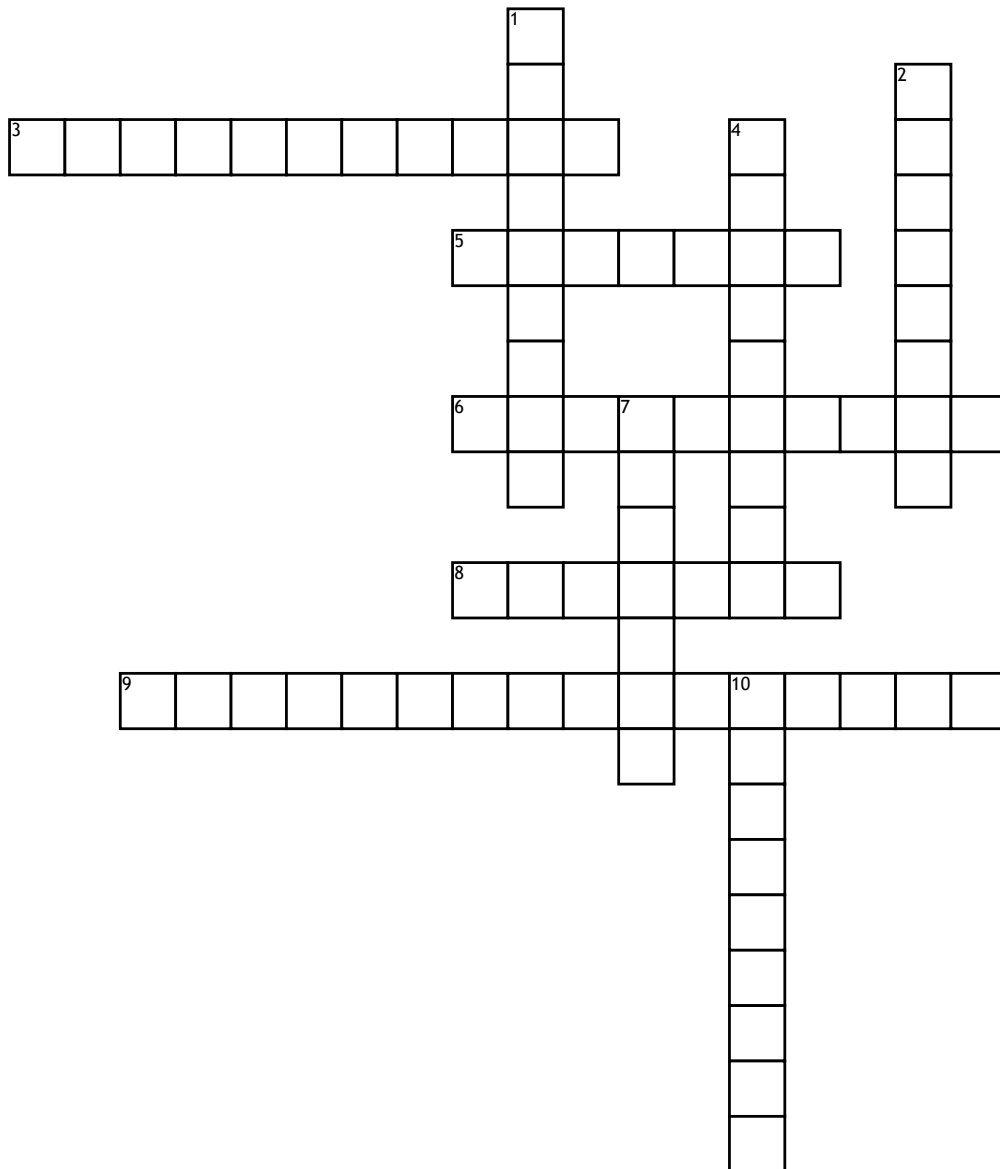


Name: _____

Date: _____

Fitness



Across

- 3. The range of motion for a joint
- 5. State of health and wellbeing
- 6. Human body shape or type
- 8. In good health
- 9. The force a muscle can produce

Down

- 1. Food or nourishment
- 2. A long and lean body type
- 4. Athletic and muscular body type
- 7. Able to move quickly and easily
- 10. A soft round build body type