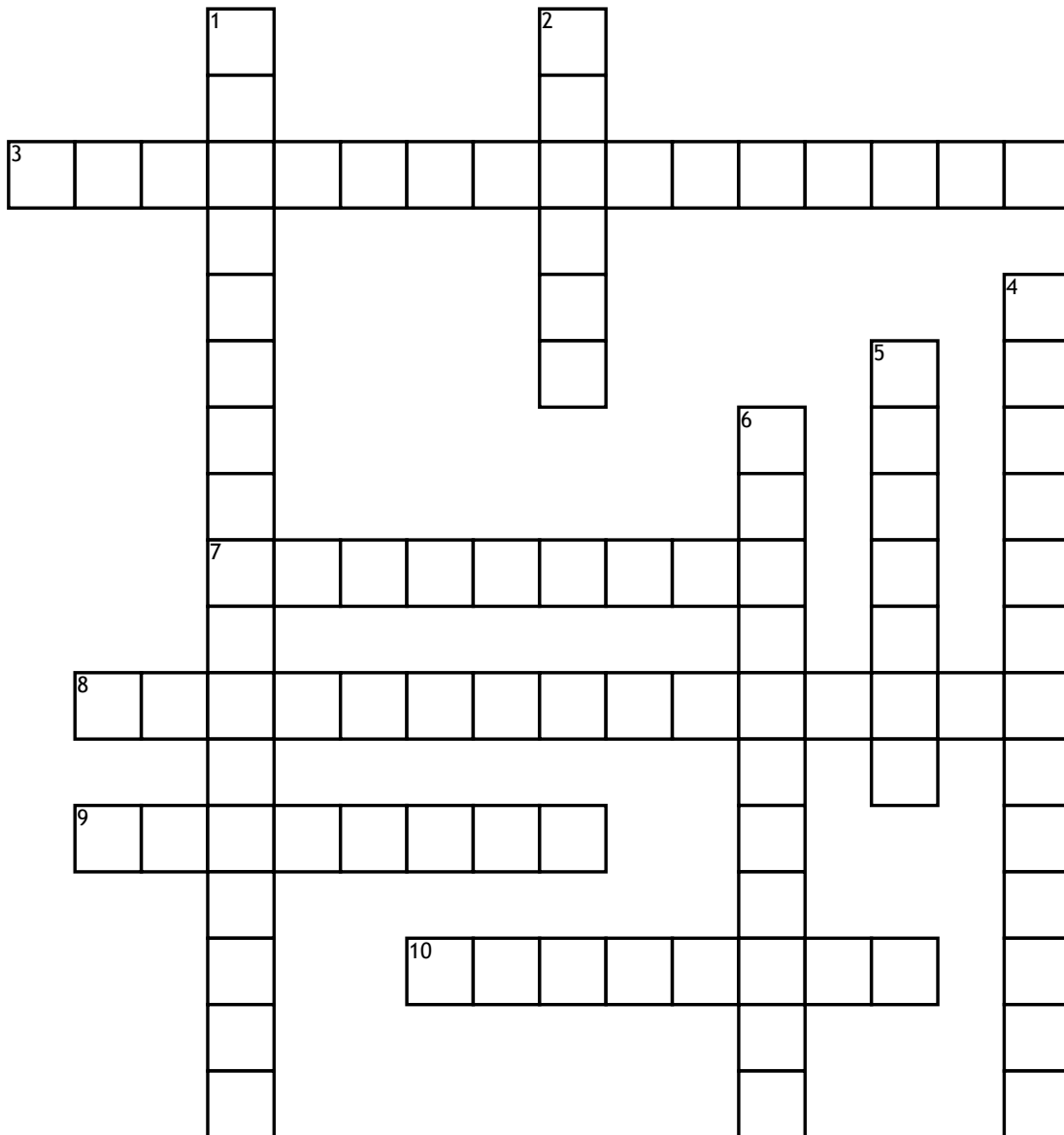


Name: _____

Date: _____

Fitness



Across

- 3. Any kind of movement that causes your body to use energy
- 7. Ability to perform vigorous physical activity without getting tired
- 8. Ratio of body fat to lean body tissue
- 9. Ability of your muscles to exert a force
- 10. Physical activity that is planned, structured, and repetitive

Down

- 1. A plank or wall sit would help which fitness component
- 2. Combination of physical, mental/emotional and social well-being
- 4. Another word for cardiorespiratory
- 5. Moving stretches
- 6. Ability to move joints fully and easily through a range of motion