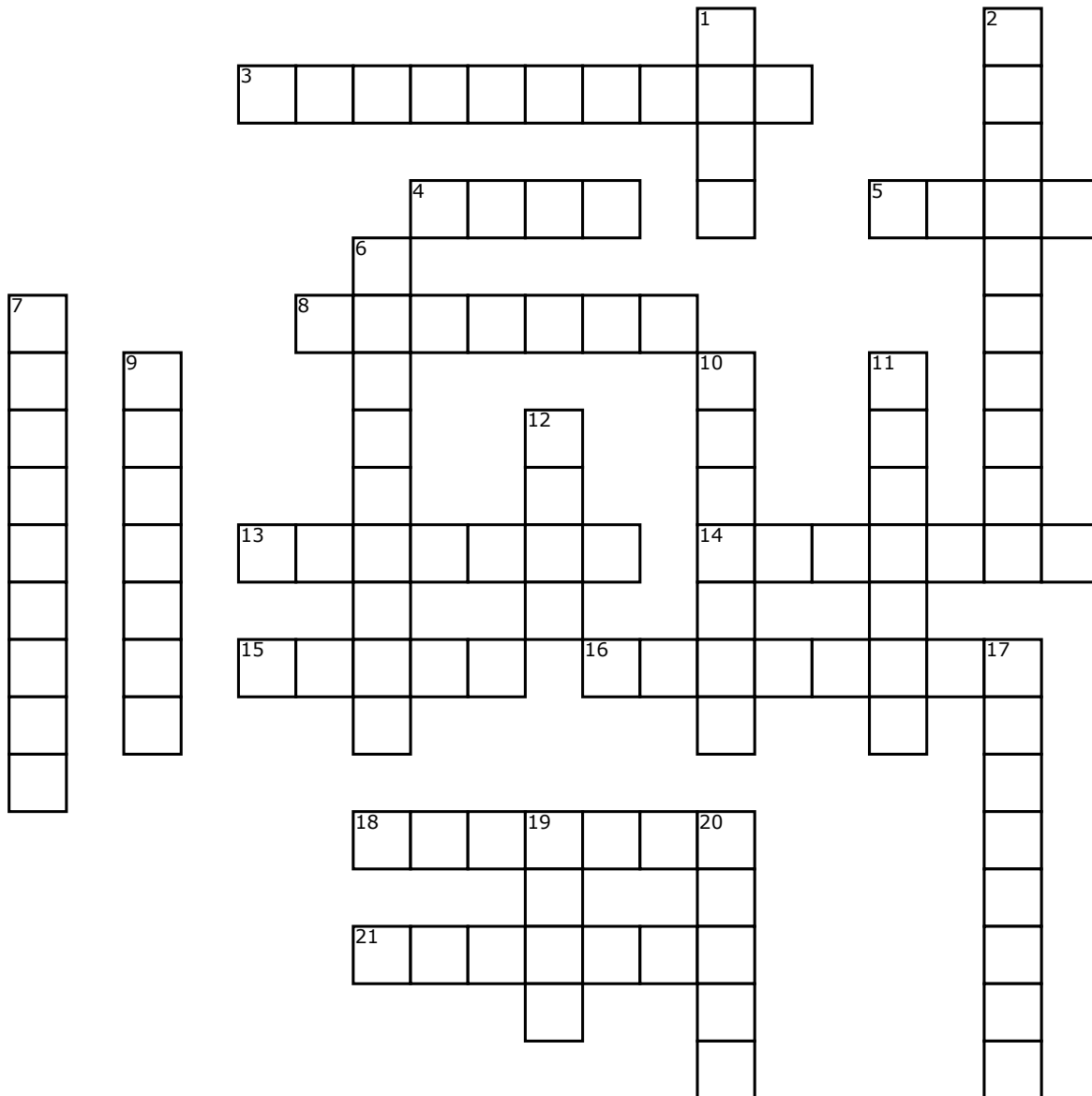


Fitness to me



Across

- 3.** Getting more toned and defined
4. Yoga trains the body to build the less common muscles and body parts
5. Having a proper grip on fitness and defining my own type of fitness
8. intense workouts to be more efficient
13. Making sure to look at all aspects of working out and measuring those things
14. Building more muscle as well as defining muscles

15. Having the mental capacity to stay focused on getting better

16. Having a proper mental state to maximize my experience

18. Working not only with non-equipment exercises, but high-intensity weight workouts
21. Balancing my nutrition, off days, commitment etc.

Down

- 1.** Doing things properly
2. Doing things more than a few times

6. Being able to last and have more energy than others

7. Eating more healthy to make fitness more beneficial

9. Quality over quantity

10. Being able to move faster

11. A very important component of nutrition

12. Definition in the core area

17. Having the ability to move with more liberty

19. Knowing my own goals and having a clear understanding of what my intentions are

20. Sleep is very important to give the body a rest