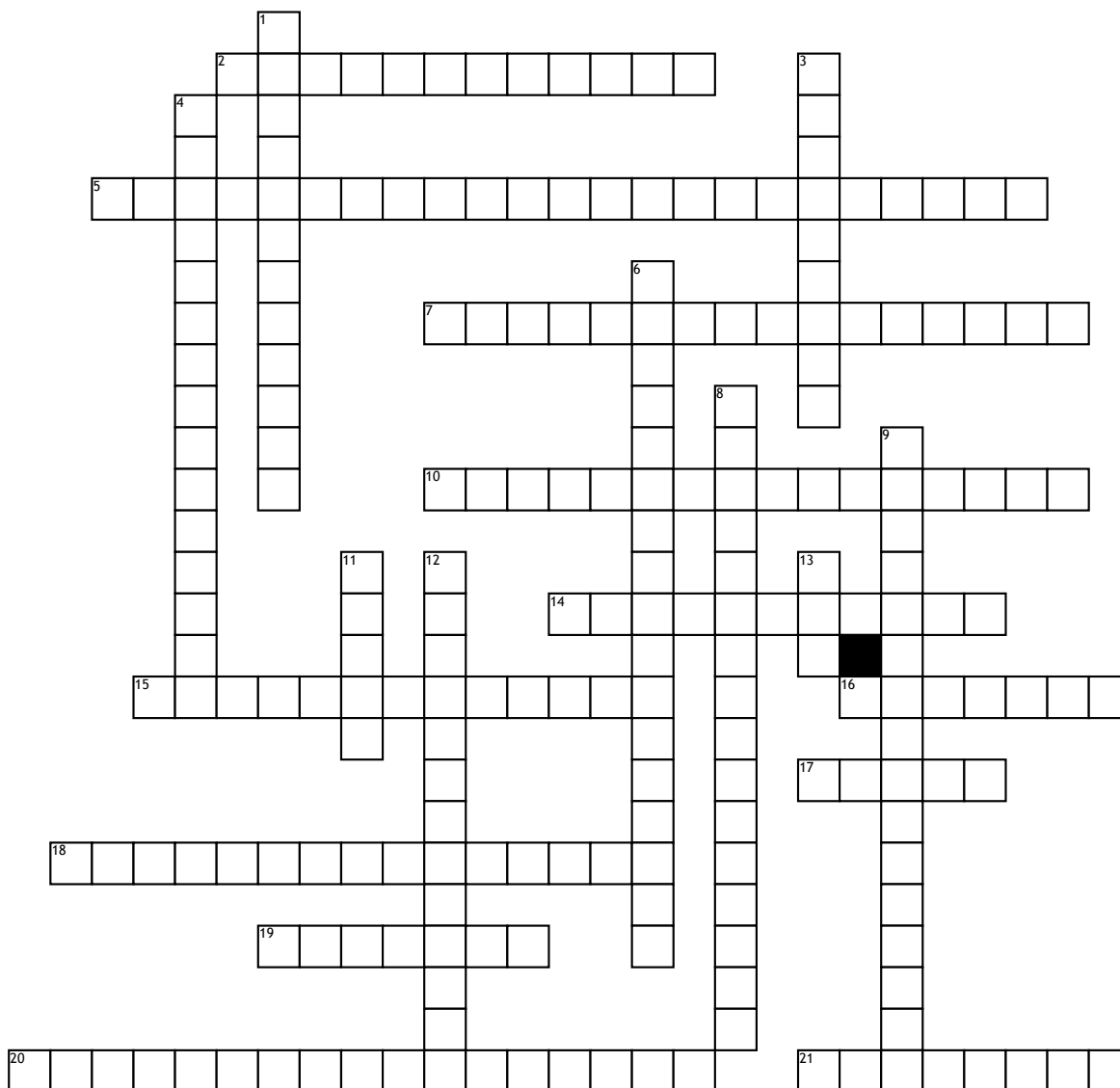


Name: _____ Date: _____

Health Cross Word Puzzle (Garret)



Across

2. Smooth working together as parts

5. Is the number of heart beats in a minute

7. The age related number beats per minute

10. refers to the amout of force a muscle can produce with a single maximal effort

14. The quality of bending easily without breaking

15. The speed in which the body recovers when hurt

16. The ability to move quickly and easily

17. The rate at which someone or something is able to move or operate

18. The percentage of fat, water, bone, and musclein the human body

19. an even distrabution of weight enabling someone or something to remain upright and steady

20. Is a physical exercise intense enough to cause lactate to the form

21. an activity requiring physical effort

Down

1. Have a significant influence on or determinain the manner or outcome of something

3. train or cause to train too hard or too long

4. The minimum number of heart beats in an amout of given time

6. The ability of a muscle group or group of muscle to sustain repeated contractions against resistance for an extended period of time

8. Any various sustained exercises such as jogging, running, swimming, or cycling

9. The number of times your heart beats a minute at a complete rest

11. The ability to do something or act in a particular way especially as a faculty or quality

12. A weight to height ratio calculated by dividing ones weight in kilograms by the square ones height in meters

13. Of a thing of a suitable quality, standard, or type to meet the requirement purpose