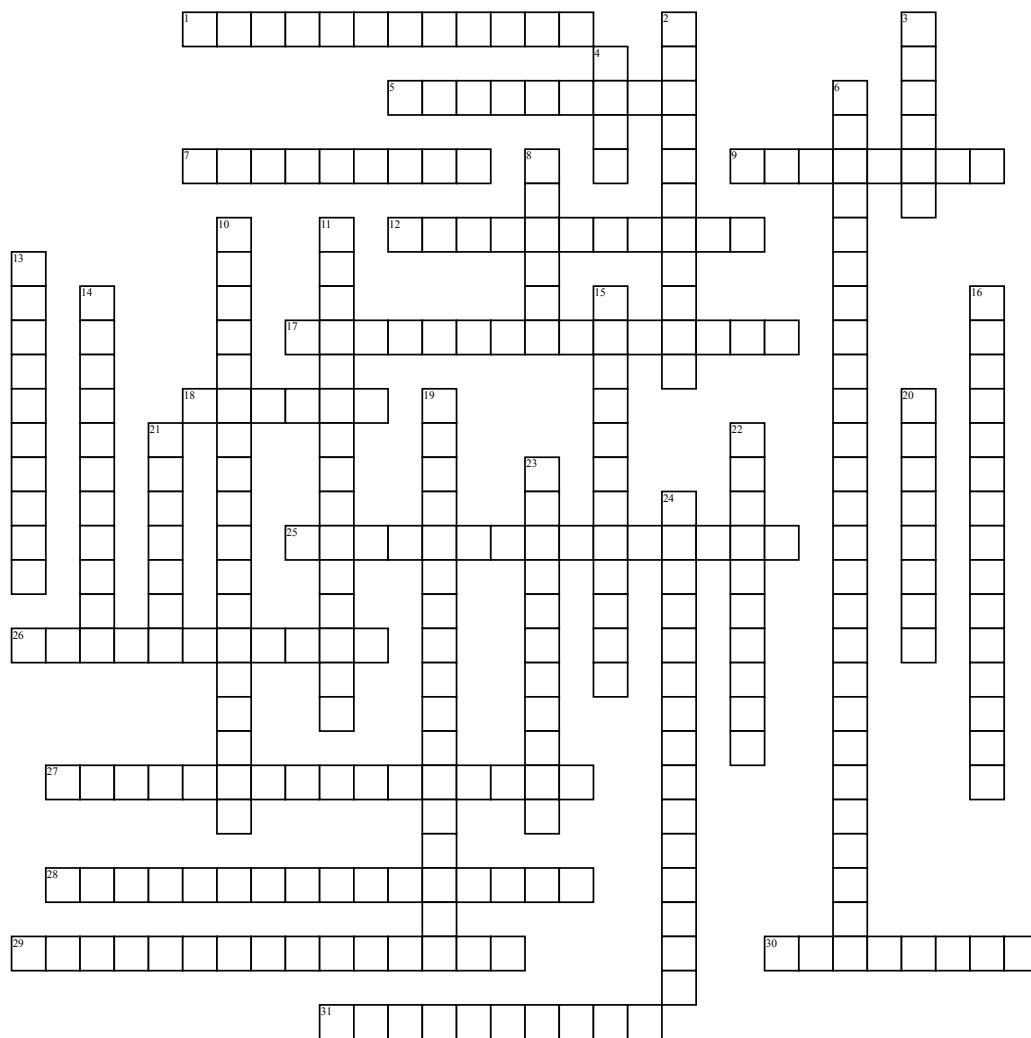


Name: _____ Date: _____ Period: _____

Health Vocabulary crossword



Across

1. To push your body more than it can take
5. Your loss circulation through your fingers or body
7. Taking in fluids
9. Physical activity that is planned, structured, and repetitive
12. Gradual increase in overload necessary to achieve higher levels of fitness
17. The ratio of body fat to lean body tissue
18. When you overuse something
25. Number of times your heart beats in one minute
26. When your too cold for too young
27. The amount of force a muscle performs
28. Movement that causes your body to use energy
29. Carry out daily task and have enough energy to respond to unexpected demands

30. Working the body harder than it is normally worked

31. The process by which your body gets energy from food

Down

2. Ability to move a body part through motion
3. Temporarily hurting something
4. Frequency. Intensity. Time. Duration
6. Heart, lungs, and blood vessels send fuel and oxygen to the body's tissue during activity
8. an Activity that prepares the muscles for work
10. Way of life that involves physical activity
11. Rhythmic exercise that can be maintained for at 10 minutes, 3 times a day
13. To experience pain in your heart
14. A pain in your bone

15. A condition characterized by a decrease in bone density

16. Muscles perform physical task over a period of time without becoming fatigued

19. Intense short burst of activity but in which muscles work hard that they provide energy without using oxygen

20. Activity that prepares the muscles to return to a resting state

21. Exercise program

22. When u are doing an activity and it is really heat and your bone starts to hurt

23. Particular exercise and activities improve particular areas of health

24. Formalized physical preparation for involvement in a sort of another physical activity

Word Bank

| | | | | |
|-------------------|---------------------|------------------|--------------------|------------------------------|
| Exercise | Training program | F.I.T.T. | Anaerobic exercise | Heat cramps |
| Muscular strength | Warm-up | Aerobic exercise | Overload | Cool down |
| Workout | Physical fitness | Body composition | Flexibility | Cardio Respiratory endurance |
| Heatstroke | Physical Activity | Hypothermia | Sprain | Strain |
| Progression | Sedentary lifestyle | Frostbite | Specificity | Muscle endurance |
| Overexertion | Osteoporosis | Muscle cramp | Return heart rate | Hydration |
| Metabolism | | | | |