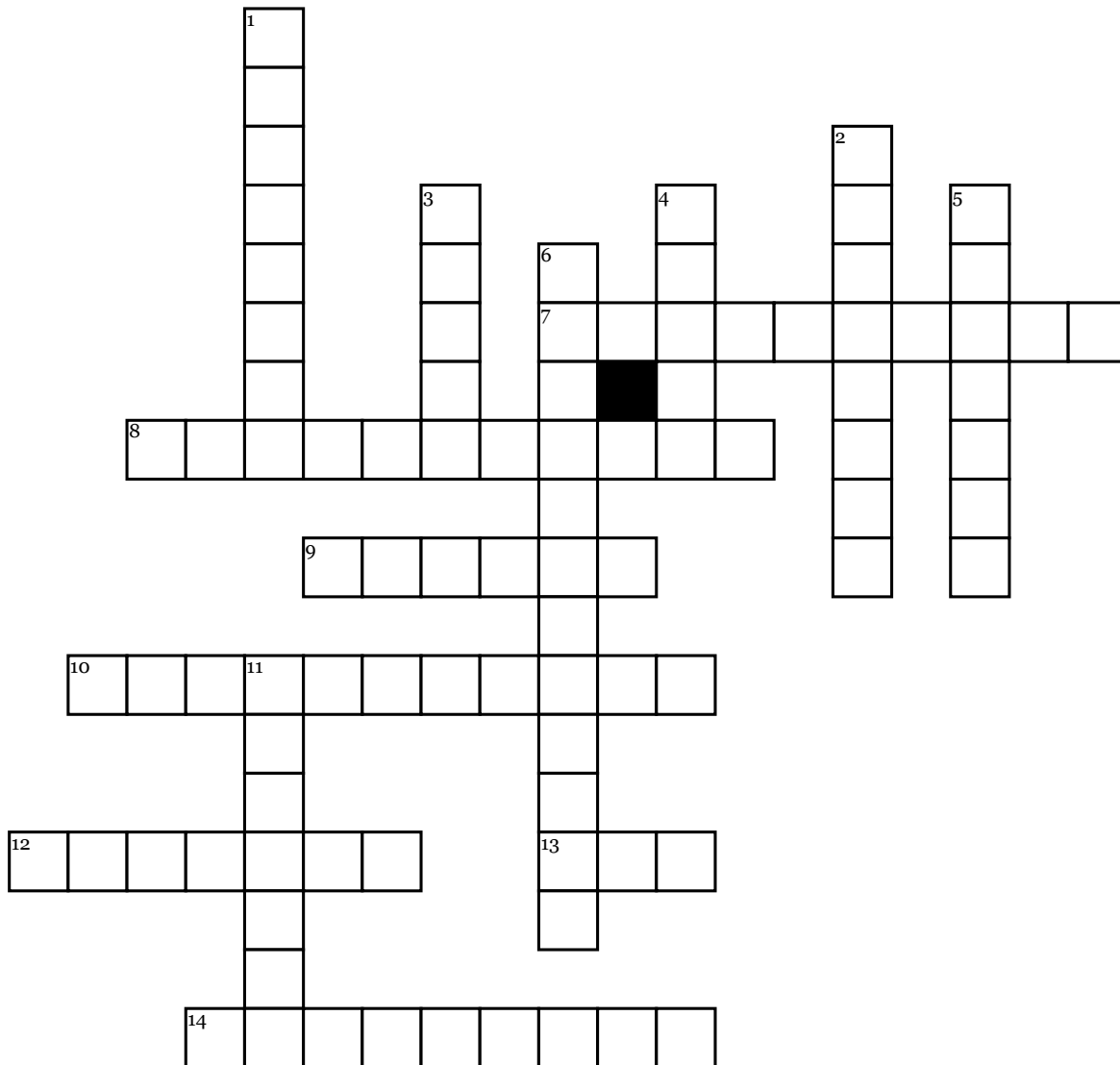


Name: _____

Health & Fitness



Across

7. What type of exercise helps improve flexibility?
8. How many carbs are in a banana?
9. Collars are used in strength training to insure:
10. How many steps does it take to lose one pound?
12. In one week, you need to create a _____ of 3500 calories to lose one pound.

13. Where would you find the biceps femoris?

14. Testing grip strength is an example of what type of exercise?

Down

1. What type of cardio burns the most calories?
2. Which carbohydrate is found mainly in fruits and honey?
3. What percentage of the body is made up of muscle mass on average?

4. How many miles are in a 5K?

5. Calipers are used to measure the amount of fat beneath the layer of skin. This fat is called:

6. The fat that is needed for optimal health is called:

11. Which muscle group is antagonist of the biceps in a bicep curl exercise?