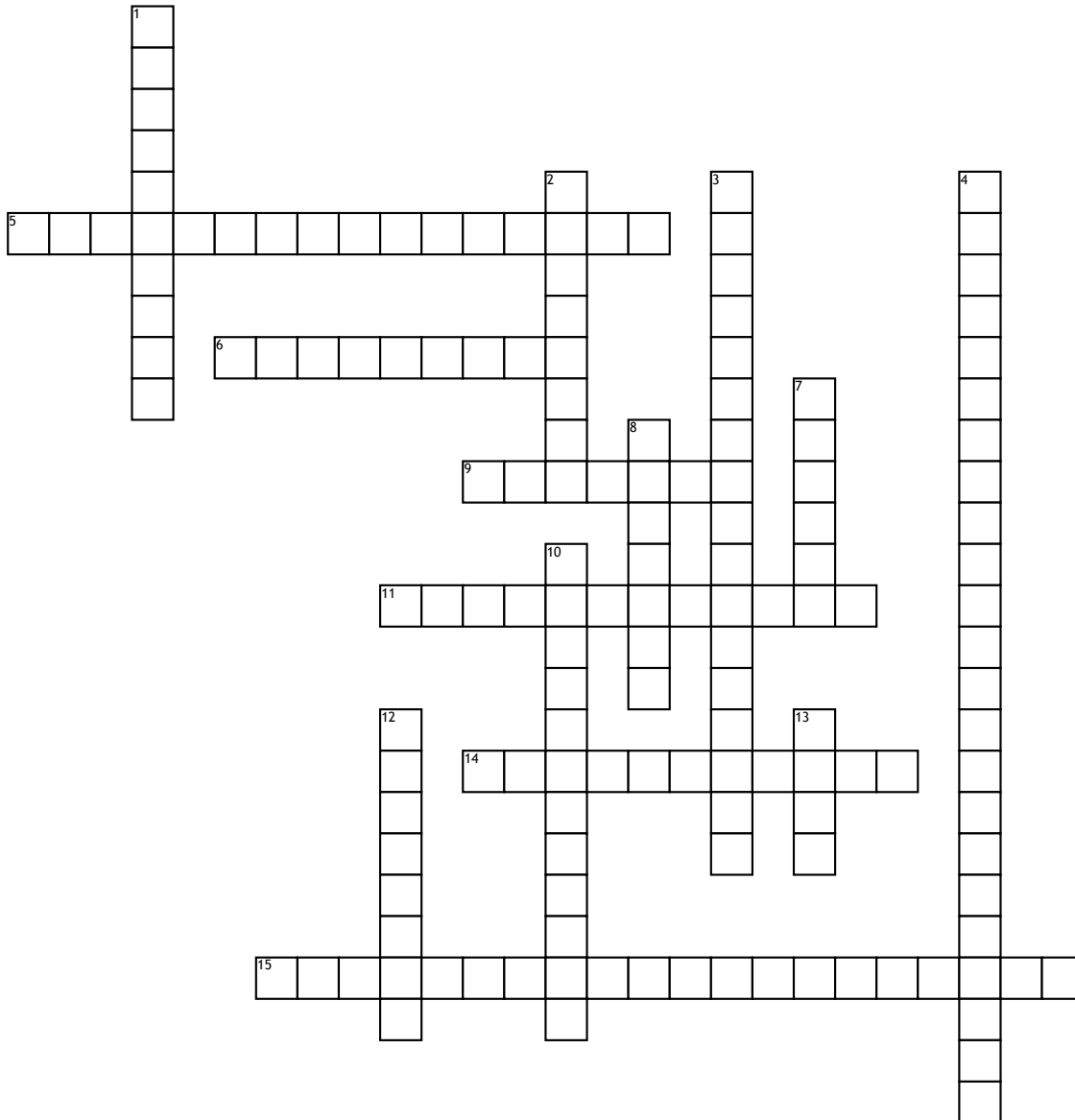


Name: _____

Date: _____

Health and Fitness



Across

5. Stretching that does not involve any movement

6. muscles ability to complete a movement repetitively

9. This exercise improves upper body strength

11. The leading cause of death in the US

14. Range of motion for any given joint

15. Ability to burn calories at rest

Down

1. Which exercising intensity works at 60%-75%?

2. A disease that results in too much sugar in the blood

3. Stretching that involves constant movement

4. Ability of your heart to pump blood throughout the body

7. This exercise improves abdominal strength and endurance

8. this exercise can improve cardiovascular endurance and muscular endurance

10. Amount of blood pumped in one contraction by the heart

12. amount of force a muscle can produce

13. Amount of health related components of fitness