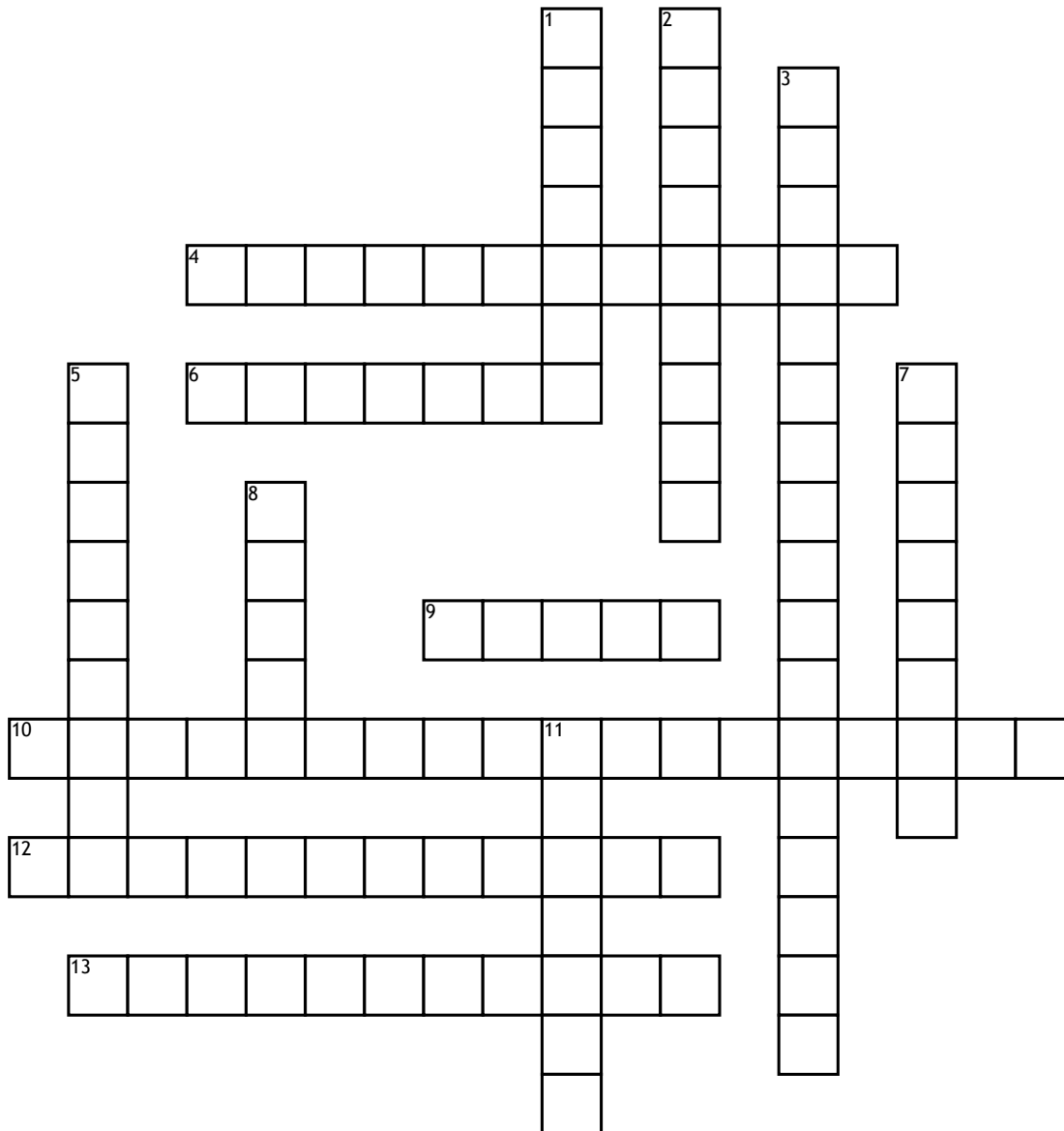


Name: _____

Date: _____

Nutrition Food and Fitness



Across

4. to integrate the use of two or more parts of your body

6. the position of your body when you are standing or sitting

9. quickness with which you are able to complete a motion

10. activities in which your muscles are using oxygen faster than your heart and lungs can deliver

12. amount of time it takes you to respond to a signal once you receive it

13. move your joints through full range motion

Down

1. keep your body in an upright position while standing still or moving

2. the number of times your heart beats in a minute

3. use large muscles and are activities done at a steady pace

5. your ability to use a group of muscles over and over without becoming tired

7. ability of the muscles to move objects

8. do maximum amount of work in a short time

11. change position of your body with speed and control