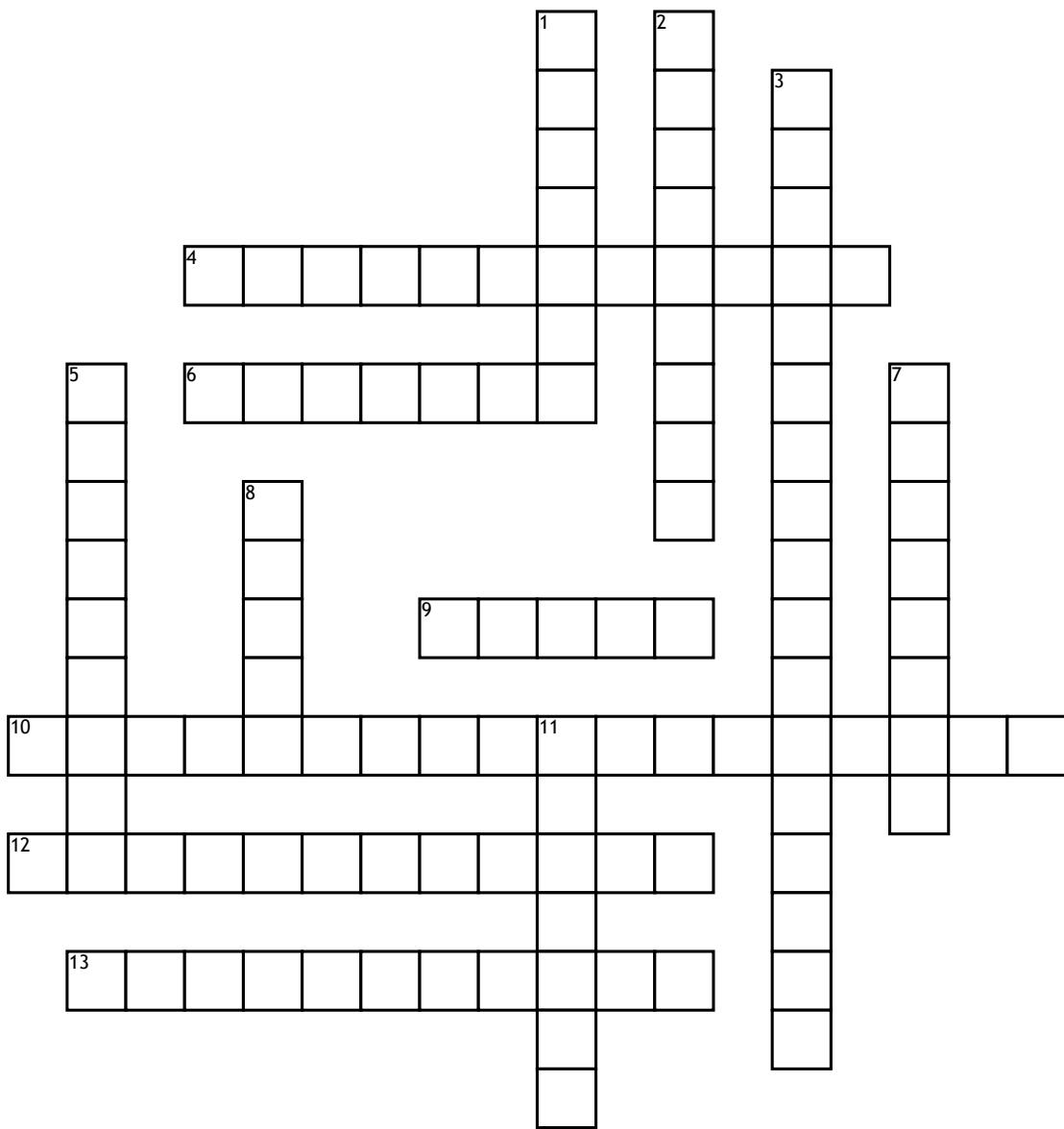


# Nutrition Food and Fitness



## 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