PHYSICAL FITNESS CROSSWORD PUZZLE

Across
4. PRODUCE ENERGY WITHOUT USING OXYGEN
6. AMOUNT OF FORCE YOUR MUSCLES CAN EXERT
11. MUSCLES TO PERFORM PHYSICAL TASKS OVER A PERIOD OF TIME
13. RHYTHMIC ACTIVITIES
16. INJURIES TO THE LIGAMENT AROUND A JOINT
18. DAMAGE TO SKIN AND TISSUE IN EXTREME COLD WEATHER
19. A PROCESS TO CONTROL SWELLING AFTER AN INJURY
21. OVERWORKING THE BODY
22. CHOOSING THE RIGHT TYPES OF ACTIVITIES
23. ENOUGH ENERGY TO RESPOND TO UNEXPECTED DEMANDS
24. LOW BODY TEMPERATURE
25. BEYOND YOUR REGULAR DAILY ACTIVITIES
26. HEART, LUNGS, AND BLOOD VESSELS

Down
1. FULL RANGE OF MOTION
2. PREPARES YOUR BODY TO RETURN TO A RESTING STATE
3. MAINTAINS PHYSICAL FITNESS
5. INCREASING DEMANDS ON YOUR BODY
7. INVOLVING LITTLE PHYSICAL ACTIVITY
8. BODY TO USE ENERGY
9. PAINFUL CONTRACTIONS
10. DANGEROUS CONDITION IN WHICH THE BODY LOSES THE ABILITY TO COOL ITSELF
12. EXERCISING AT YOUR HIGHEST PEAK
14. PREPARES THE MUSCLES FOR WORK
15. DURATION
17. PHYSICAL STRESS ON THE BODY CAUSED BY OVERHEATING
20. OVERSTRETCHING AND TEARING A MUSCLE