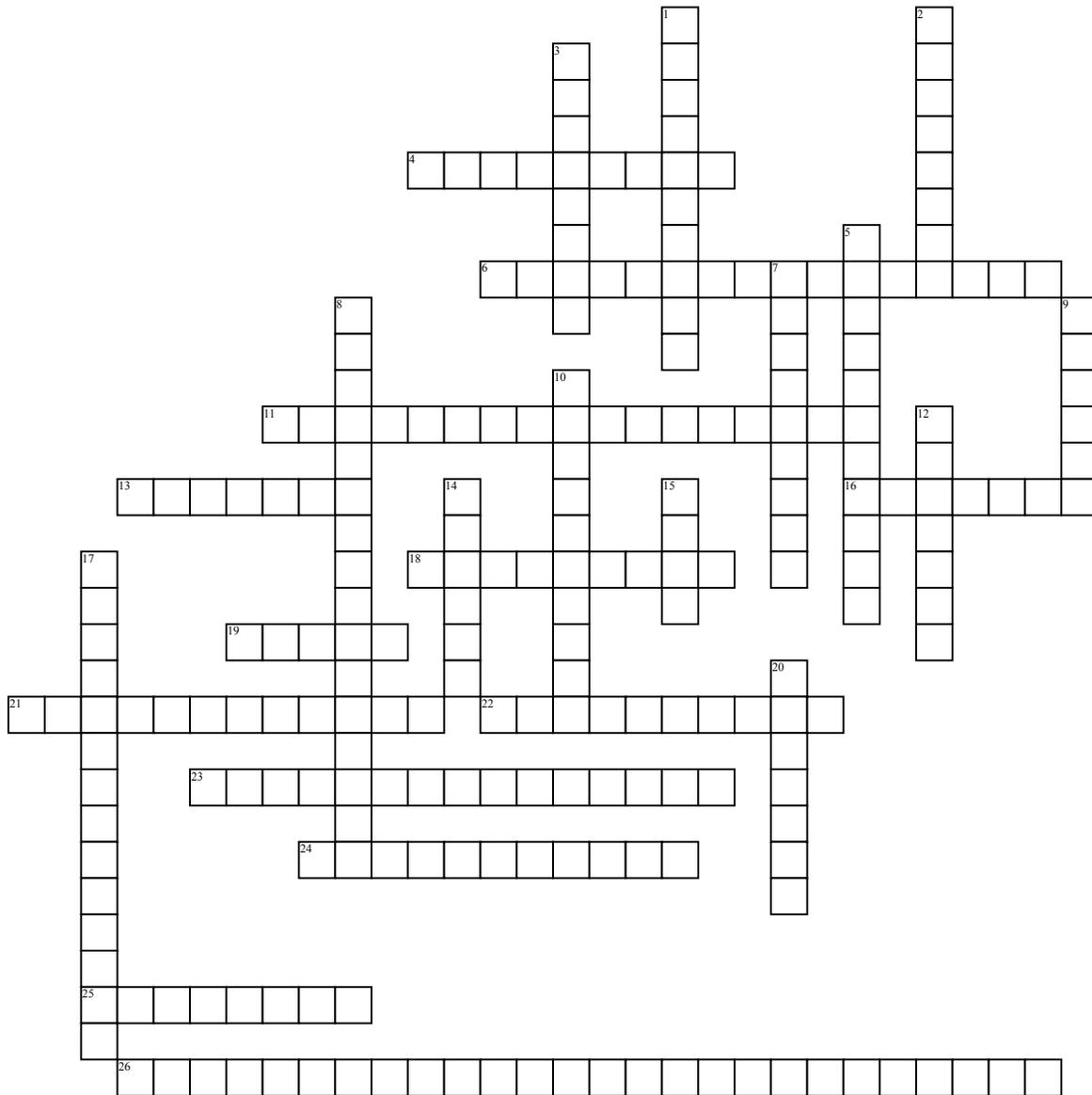


Name: _____ Date: _____ Period: _____

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

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