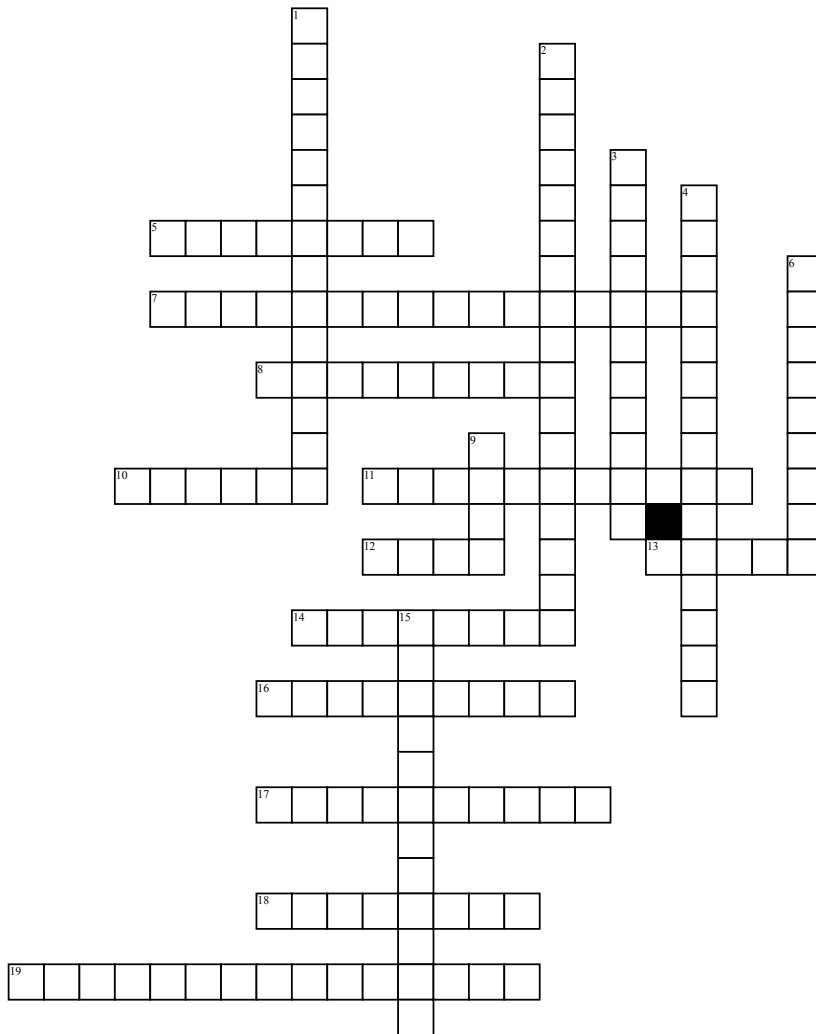


# Physical Activity



**Across**

- 5. This is planned physical activity done regularly to build or maintain one's fitness
- 7. Any form of bodily movement that uses up energy
- 8. The ability to perform difficult physical activity without getting overly tired
- 10. The places where two or more bones meet
- 11. The excessive loss of water from the body
- 12. Part of the F.I.T.T. Principle that determines how long you exercise

- 13. Amount of minutes everyone should be getting a day exercising
- 14. A break in the bone
- 16. Part of the F.I.T.T. Principle that determines how hard you exercise
- 17. sports clothing and safety equipment
- 18. the ability of your muscles to use force.
- 19. Is the ability to handle the physical demands of everyday life without becoming overly tired.

- 2. Exercise that uses very little oxygen and short bursts of energy
- 3. The ability to move joints fully and easily through a full range of motion
- 4. Is the proportions of fat, bone, muscle, and fluid that make up body weight
- 6. part of the F.I.T.T. Principle that determines how often you exercise
- 9. Part of the F.I.T.T. Principle that determines what kind of exercise you do
- 15. Training to get into shape for physical activity or a sport

**Down**

- 1. Rhythmic activity that uses large amounts of oxygen and works the heart and lungs.

**Word Bank**

Conditioning	Intensity	Sixty	Joints	Dehydration
Type	Exercise	Sports Gear	Flexibility	Endurance
Aerobic Fitness	Time	Physical Activity	Fracture	Anaerobic Exercise
Physical Fitness	Frequency	Body Composition	Strength	