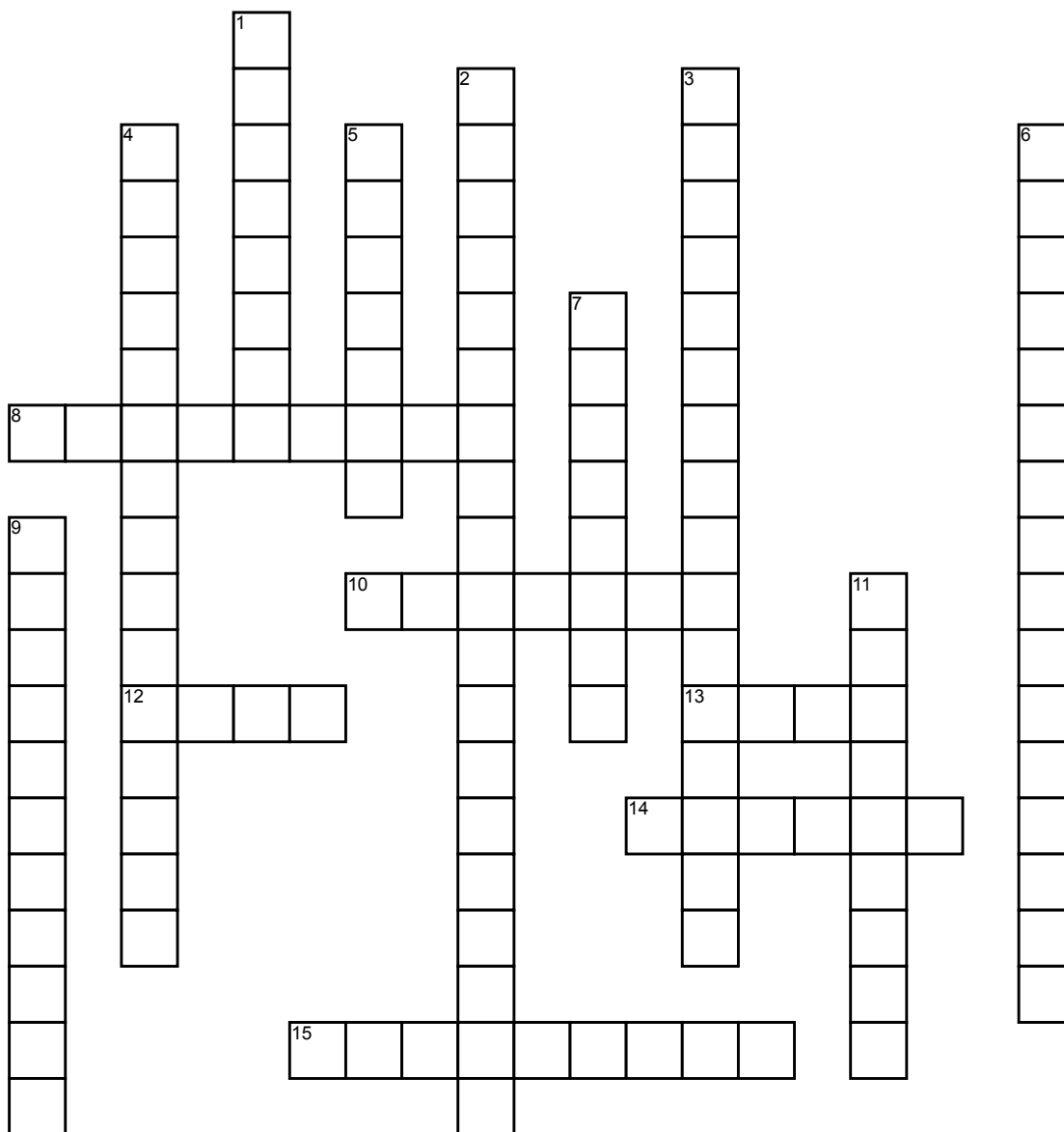


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Physical Activity



## Across

- 8.** Part of the FITT Principle, how hard you do something
- 10.** ability to stick with a task or activity for a long period of time
- 12.** Part of the FITT Principle, what kind of things you do
- 13.** Part of the FITT Principle, how long you do something

**14.** Exercise you do before a workout to get your body ready to do an activity

**15.** Exercise that uses very little oxygen and is short in duration

## Down

- 1.** Exercise you do to end a workout
- 2.** activities that are part of your day to day routines or recreation
- 3.** number of beats your heart completes while relaxing

**4.** The level you want your heart to beat during exercise

**5.** Exercise that uses a large amount of oxygen and is pretty long in duration

**6.** Any movement that makes your body use extra energy

**7.** Planned physical activity

**9.** moving joints through a full range of motion

**11.** Part of the FITT Principle, how often you do something