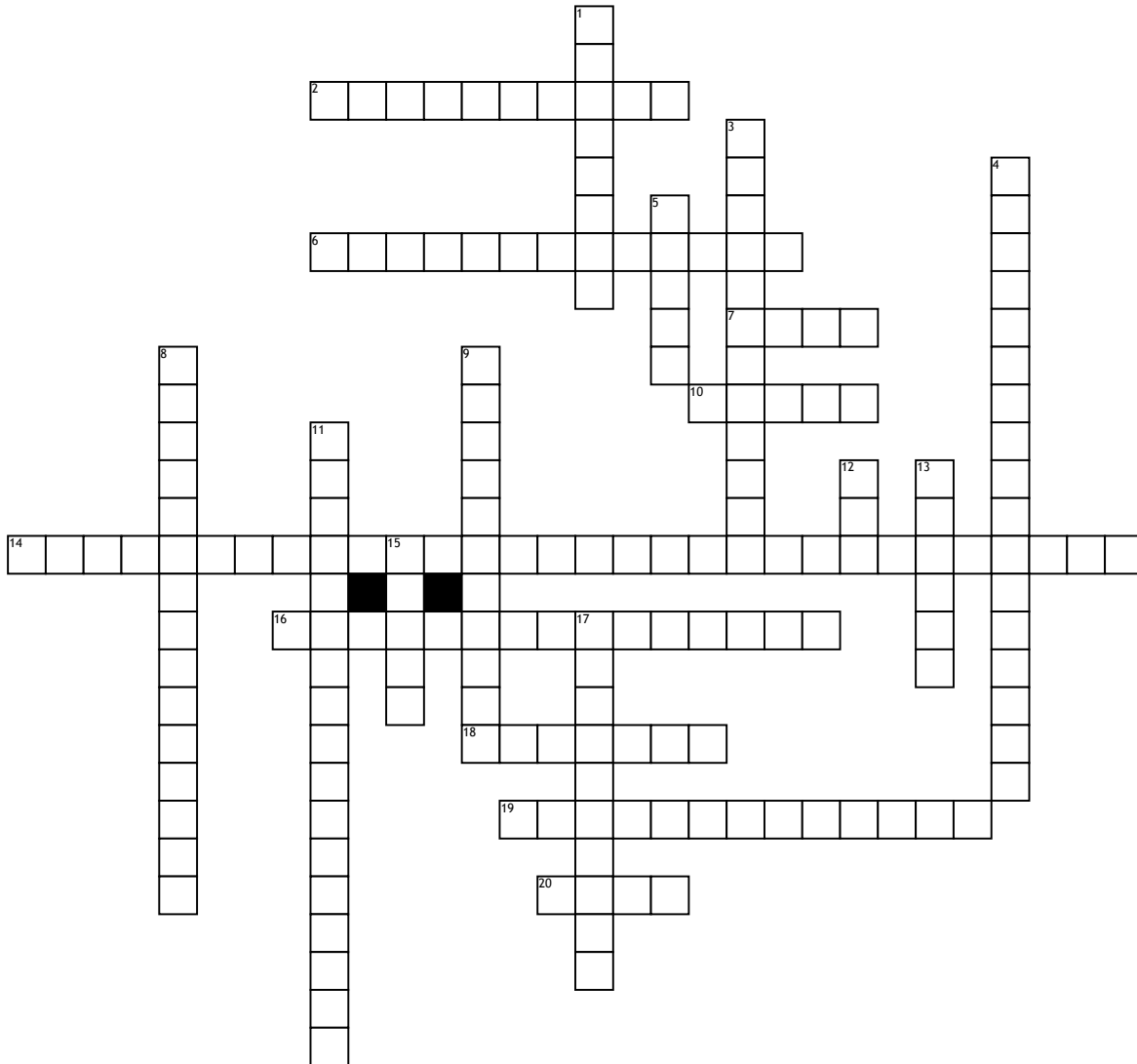


Name: _____

Date: _____

Physical Education



Across

2. Eating _____ helps improve your health
 6. What type of “fuel” do we use during high intensity exercises
 7. True or false? Flexibility is the amount of force your muscles can produce
 10. What is the best drink to improve your body
 14. What are the main components of fitness
 16. After exercise should you do a cool down stretch or go relax?

18. Does your heart rate speed up or slow down when exercising
 19. How much water are u support to drink in a day
 20. Which drink makes your bones stronger

Down

1. What is the scientific name for shoulders
 3. What is the name of the fat needed for optimal health?
 4. Why should you stretch your body before exercise/workout
 5. Being active is bad for you true or false

8. What is the first type of nutrition
 9. Stretching should be held for how long
 11. What is the second type of nutrition
 12. Is exercise good for your body
 13. What should you do before exercise
 15. Will running fast improve muscular strength? True or false
 17. What exercise helps improve flexibility