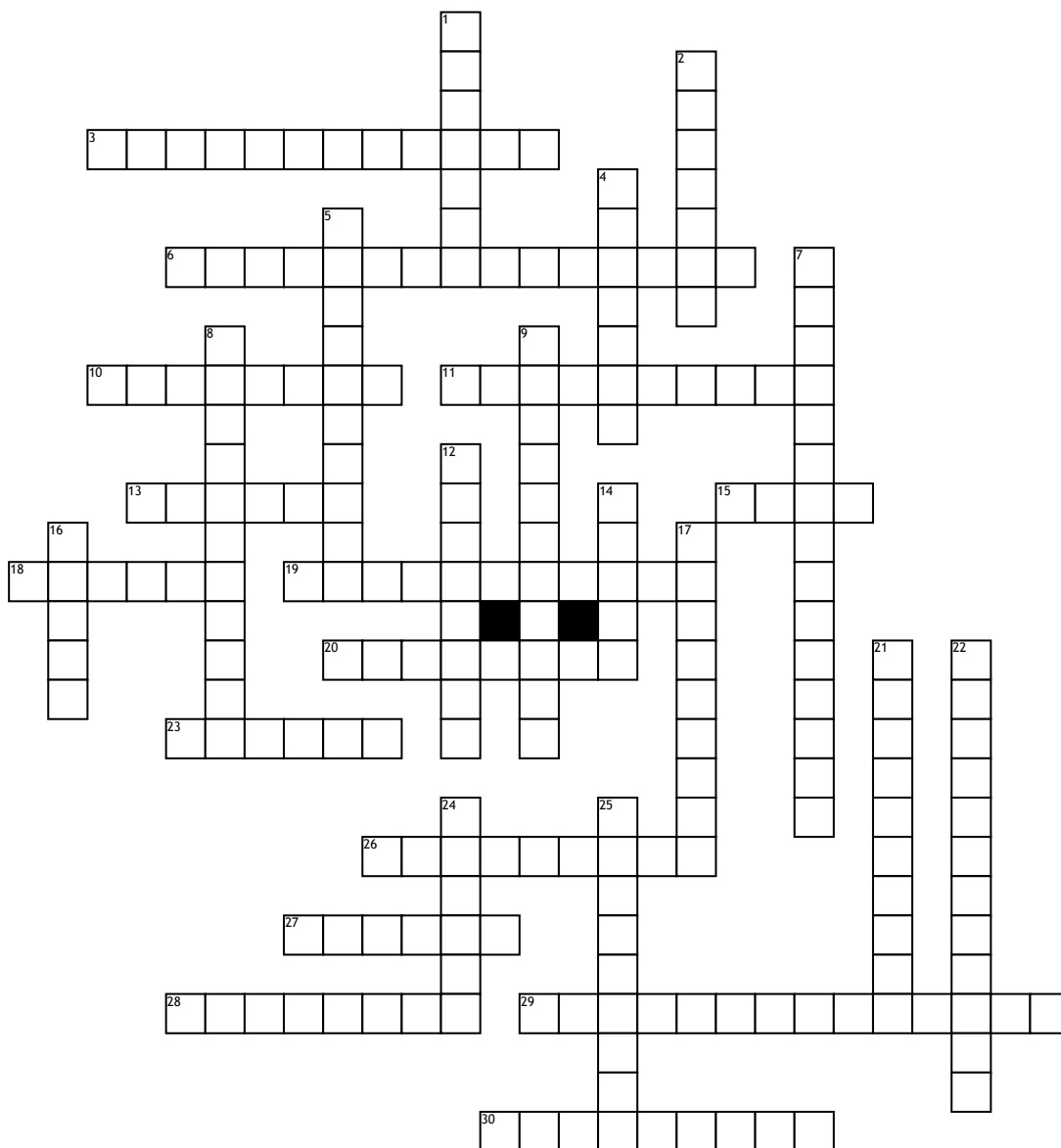


Name: _____

Date: _____

Physical Fitness



Across

3. generally expressed as a percentage of your maximum safe heart rate.

6. The rate your heart should beat during exercise in order to get the most improvement in aerobic capacity.

10. any bodily activity that enhances or maintains physical fitness and overall health and wellness.

11. the quality of bending easily without breaking.

13. any type of exercise that gets your heart rate up and keeps it up for a prolonged period of time.

15. the continued sequence of existence and events that occurs in an apparently irreversible succession from the past, through the present, into the future.

18. any form of competitive physical activity or game that aims to use, maintain or improve physical ability and skills.

19. the action of breathing.

20. the state or quality of being active:

23. the capacity for doing work.

26. the number of occurrences of a repeating event per unit of time.

27. allow a person to move their body and enable the internal organs to function.

28. the quality or state of being physically strong.

29. a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.

30. the magnitude or intensity that must be exceeded for a certain reaction.

Down

1. a state of equilibrium or equipoise; equal distribution of weight, amount, etc.

2. the power of moving quickly and easily; nimbleness:

4. pertaining to or caused by the presence of oxygen.

5. when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

7. refers to the percentage of fat, bone, and muscle in your body.

8. the process of developing or moving gradually towards a more advanced state.

9. occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions

12. teaching, or developing in oneself or others, any skills and knowledge or fitness that relate to specific useful competencies.

14. happening, done, made, used, or existing every day

16. the magnitude of the rate of change of its position with time.

17. the quality of being intense.

21. chemicals produced by the body to relieve stress and pain

22. the organization of the different elements of a complex body or activity so as to enable them to work together effectively.

24. a state of complete physical, mental and social well-being.

25. the fact or power of enduring an unpleasant or difficult process or situation without giving way.