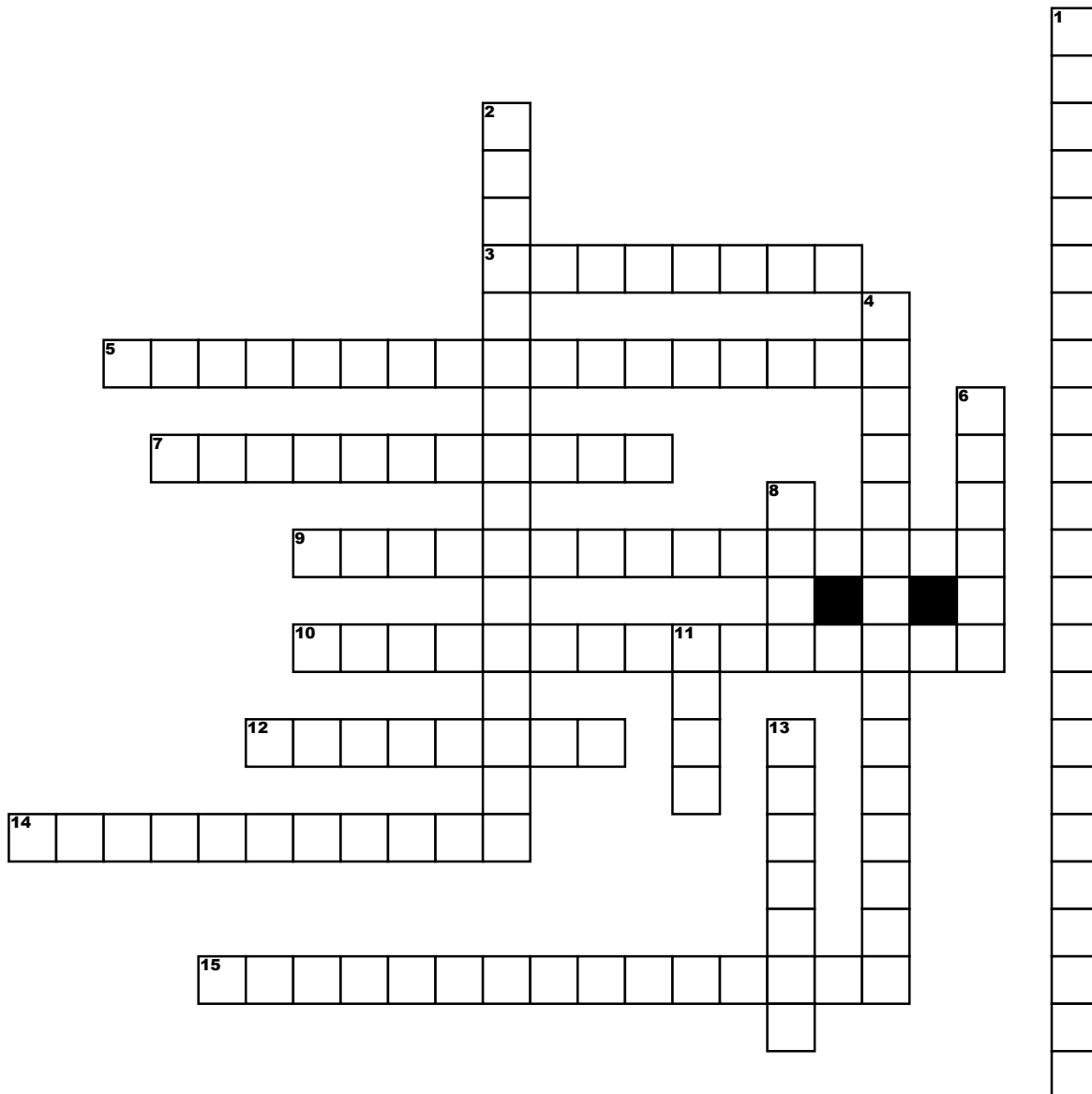


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Physical Fitness and Goal Setting



## **Across**

**3.** for setting SMART goals, the 'S' stands for?

**5.** intense physical activity that builds muscle but does not use large amounts of oxygen

**7.** the sit and reach test can help me improve this component

**9.** proportions of fat, bone, muscle, and fluid that make up body weight

**10.** the ability to handle the physical demands of everyday life without becoming overly tired

**12.** planned physical activity done regularly to build or maintain one's fitness

**14.** the ability to move joints fully and easily through a full range of motion

**15.** the ability of a muscle to repeatedly use force over a period of time

## **Down**

**1.** also known as heart and lung endurance, is a measure of how efficiently your heart and lungs work when you exercise and how quickly they return to normal when you stop

**2.** any form of bodily movement that uses up energy

**4.** rhythmic activity that uses large amounts of oxygen and works the heart and lungs.

**6.** This is the place where two or more bones meet

**8.** The \_\_\_\_\_ principal is a method for safely increasing aspects of your workout without hurting yourself

**11.** fitness is made up of this many components

**13.** there are \_\_\_\_\_ types of goals, short and \_\_\_\_\_ term goals.