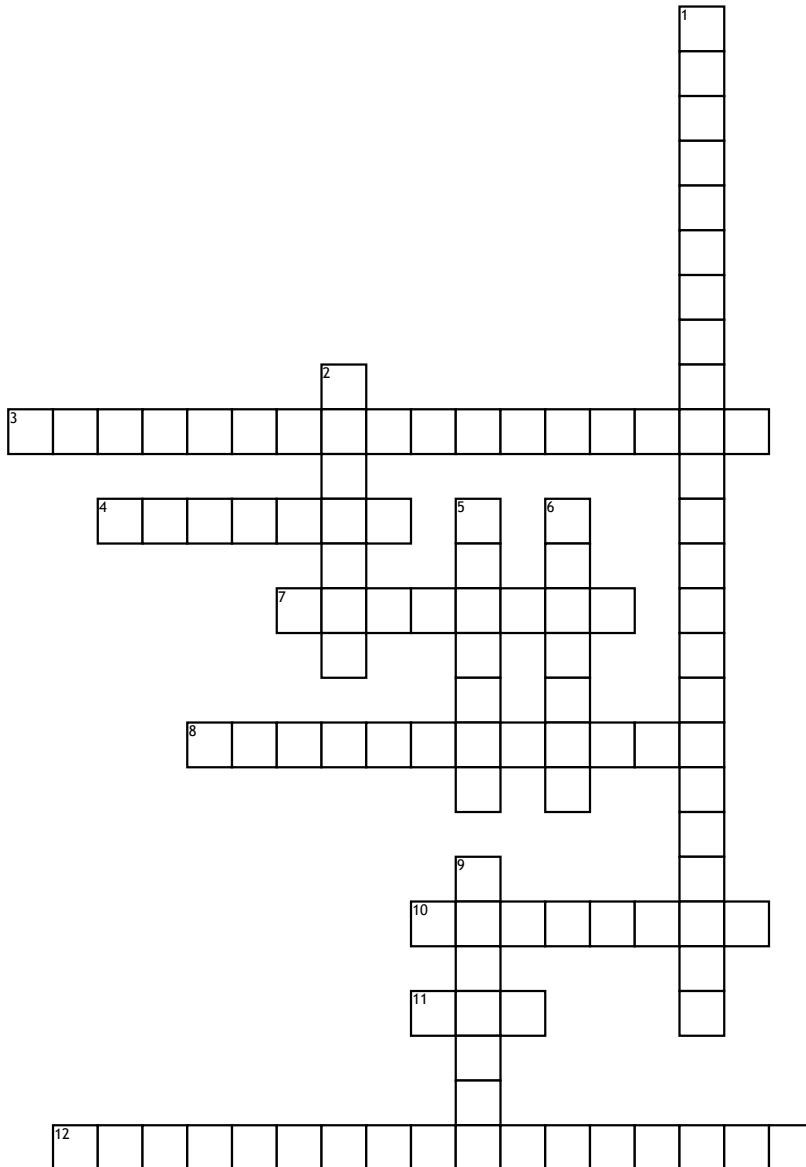


Name: _____

Date: _____

Physical Health



Across

- 3. the health related component of fitness that describes an exercise that has little weight, but you can perform for a longer period of time
- 4. the skill related component of fitness that deals with changing directions fast
- 7. The vitamin that helps the body heal wounds and fight infection

- 8. agility, power, speed and reaction time are examples of what kind of component of fitness?
- 10. The vitamin that helps blood clot
- 11. The nutrient that gives us energy, and can be classified as saturated or unsaturated
- 12. The component of fitness that bench pressing falls under

Down

- 1. The component of fitness that running, jogging and biking fall under
- 2. the food group that has foods like pasta and bread in it
- 5. The type of carbohydrate that is a great source of energy and is long lasting
- 6. Calcium, Phosphorus and Iron are considered what?
- 9. The nutrient that helps regulate the the body's function