

Name: _____

Date: _____

Fitness

Across

- 3.** _____ heath: Anything dealing with your body.
- 6.** The hearts purpose is to keep _____ pumping
- 12.** To improve your physical health you can _____, eat healthy, and have good hygiene.
- 13.** Refers to the ability of each joint to express its full range of motion
- 15.** Keeping your health _____ in complete balance can keep you and your body heathly
- 18.** _____ composition refers to the ratio of body fat
- 19.** The maximum force a muscle or muscle group can produce is _____.
- 20.** _____ composition refers to the ratio of body fat moderate vigorous activity.

Down

- 1.** _____ calipers are another way body composition can be measured.
- 2.** Is the ability of a sports performer to quickly and precisely move or change direction without losing their balance is _____
- 4.** Your body should be consistently working at _____ during exercise.
- 5.** _____ is when you get along with one another and you interact
- 7.** The ability to move joints fully and easily through a full range of motion is is _____
- 8.** Gentle exercises _____ to prepare your muscles for moderate to vigorous activity
- 9.** Gentle exercise that let your body adjust to ending a workout is _____
- 10.** Expressing your feelings your feelings in t positive was is an example of _____ health.
- 11.** It is recommended that teenagers get _____ hours of sleep
- 14.** Listening to music is one example of how to mange _____
- 16.** Muscular _____: is the most weight you can lift or the most force you can exert at one time.
- 17.** Training and lifting _____ focusing on muscular strength and endurance.

