

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.

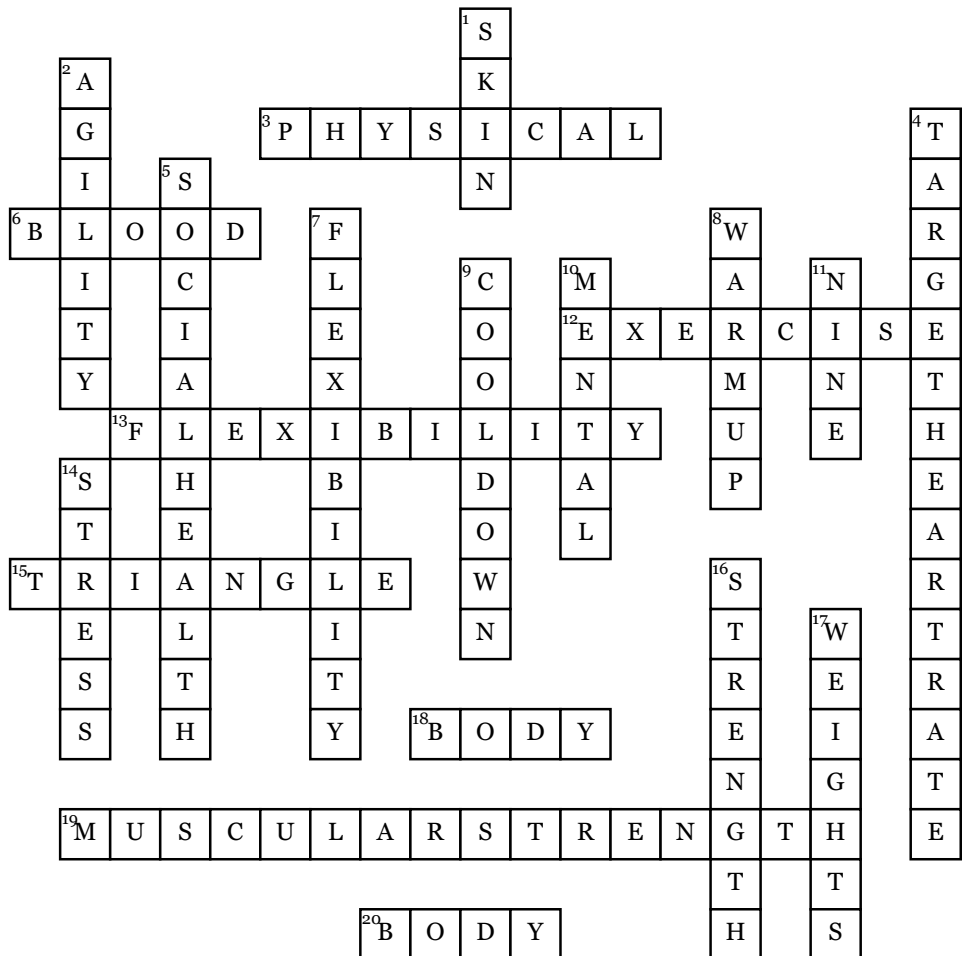
**2.** Is the ability of a sports performer to quickly and precisely move or change direction without losing their balance is \_\_\_\_\_

**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.

