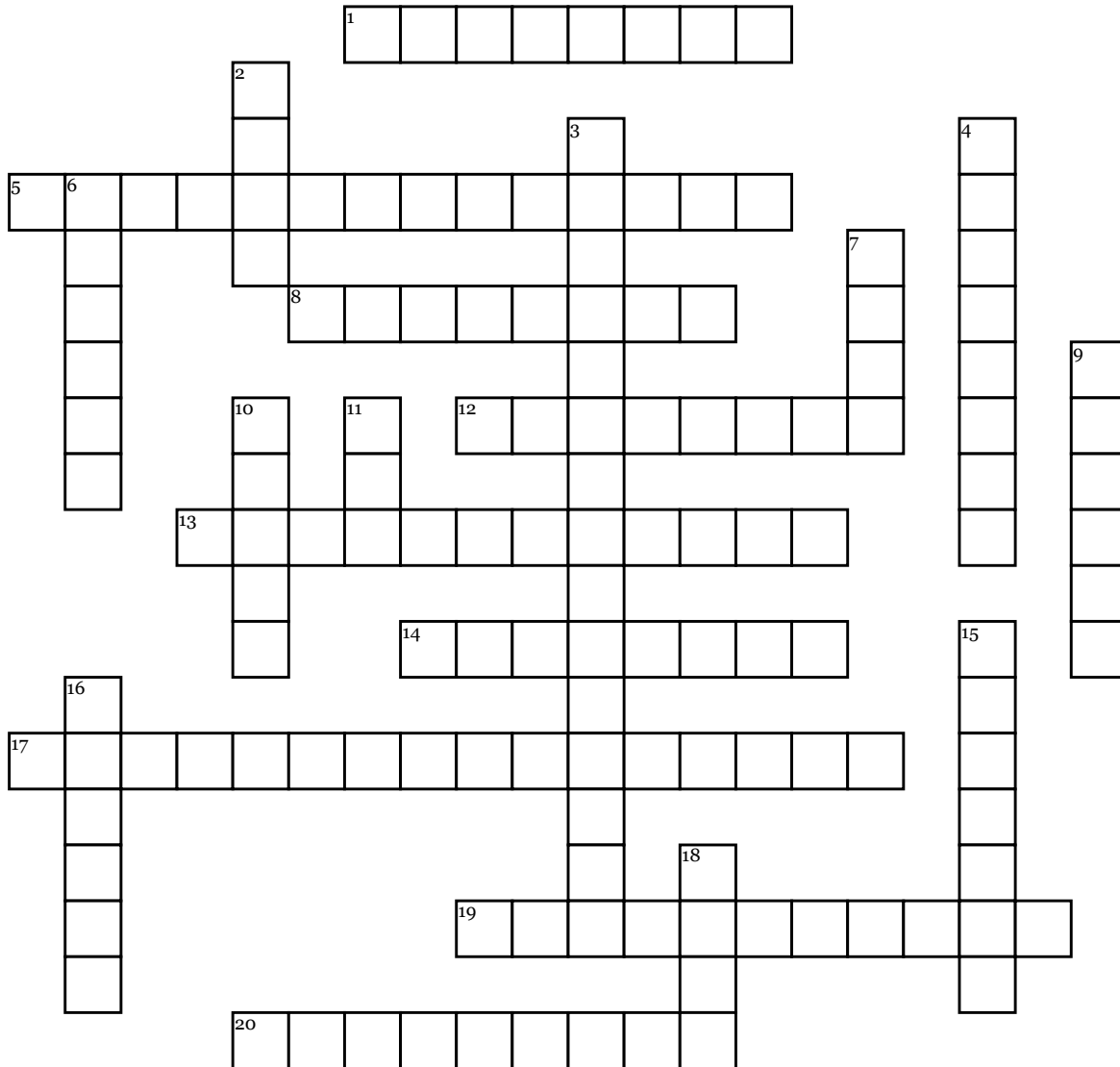


Name: \_\_\_\_\_

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

# Fitness



## Across

1. \_\_\_\_\_: Gentle exercises that let your body adjust to ending a workout.

5. Anything dealing with the body is \_\_\_\_\_.

8. Keeping your health \_\_\_\_\_ in complete balance can keep you and your body healthy.

12. The 3 phases of an exercise/work-out program are warm up, \_\_\_\_\_, and cool down.

13. \_\_\_\_\_ is when you get along with one another and you interact.

14. To improve your physical health you can \_\_\_\_\_ eat healthy, and have good hygiene.

17. The highest heart rate an individual can safely achieve through exercise stress is \_\_\_\_\_.

19. The ability to move joints fully and easily through a full range of motion is \_\_\_\_\_.

20. Expressing your feelings in positive ways is an example of mental/\_\_\_\_\_ health.

## Down

2. \_\_\_\_\_ calipers are another way body composition can be measured.

3. Your body should be consistently working at \_\_\_\_\_ during exercises.

4. Muscular \_\_\_\_\_: The most weight you can lift or the most force you can exert at one time.

6. A combination of physical, mental/emotional, and social well-being is \_\_\_\_\_.

7. \_\_\_\_\_ composition refers to the ration of body fat to lean body tissue.

9. Listening to music is one example of how to manage \_\_\_\_\_.

10. The heart's purpose is to keep \_\_\_\_\_ pumping through your body.

11. Body composition can be measured by a \_\_\_\_\_ calculator.

15. Training and lifting \_\_\_\_\_ focuses on muscular strength and endurance.

16. Gentle exercises \_\_\_\_\_ to prepare your muscles for moderate to vigorous activity.

18. It is recommended that teenagers get \_\_\_\_\_ hours of sleep.