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 cans 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.