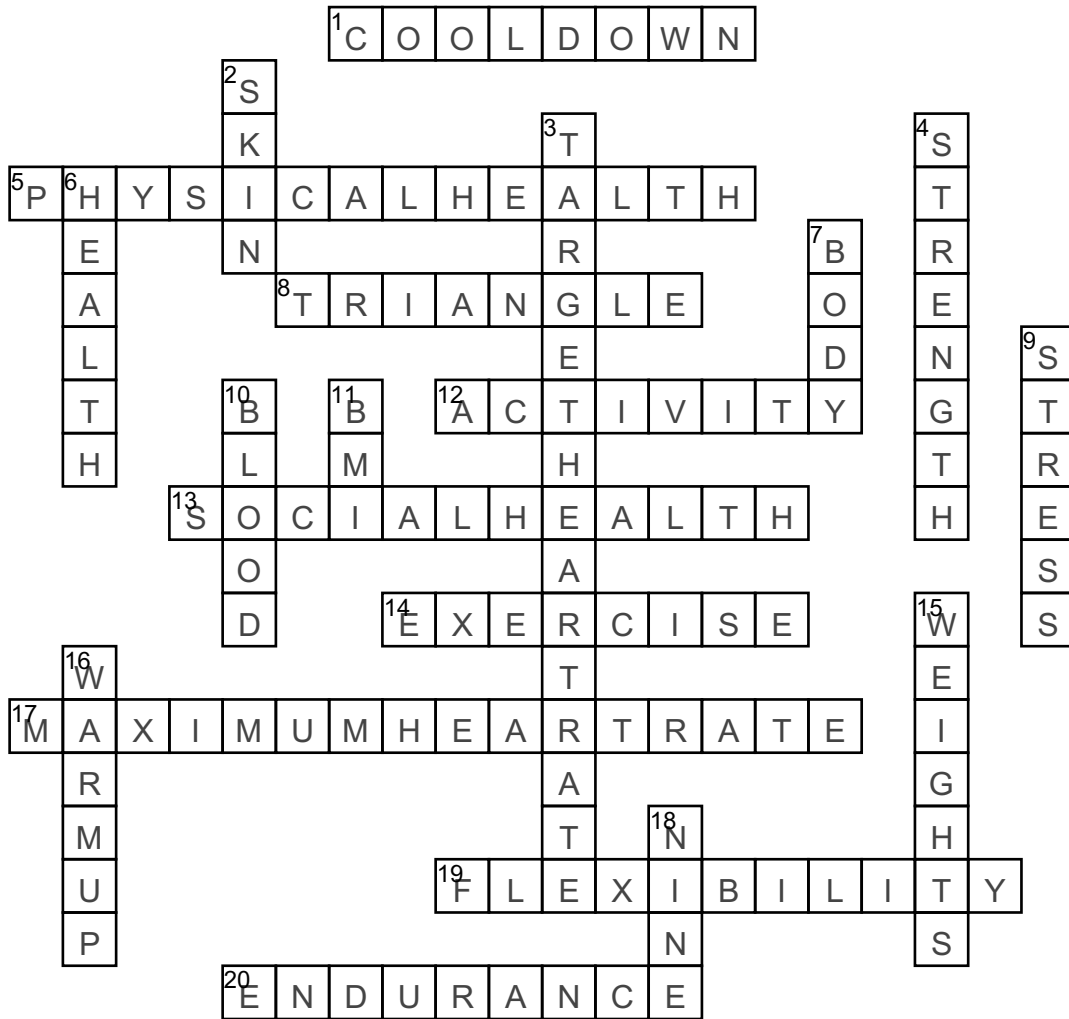


# Fitness



**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.