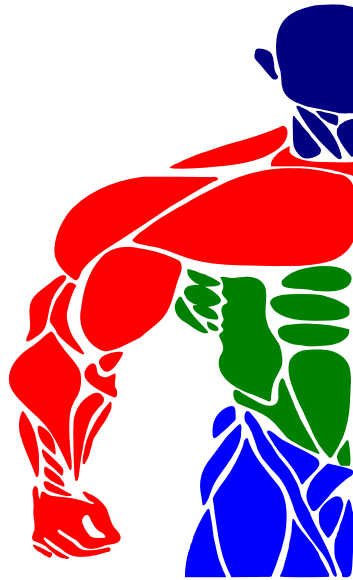


Name: _____ Date: _____

Lesson 4 Word Search



sedentary lifestyle
resting heart rate
anaerobic exercise
muscular endurance
muscular strength
physical activity
aerobic exercise
body composition
physical fitness

osteoporosis

specificity

progression

flexibility

metabolism

cool down

exercise

overload

workout

warm up

fitt

B R D O B O D Y C O M P O S I T I O N I G C C D
Y R N R V I M H I P H Y S I C A L F I T N E S S
T U U X A S I S O R O P O E T S O G I N H G G B
I F A K W A D C W X K T V R X W Z X Y B D T O N
V J H I M B P D B A N S E G A G Y P I U R W M D
I A S E H N A O V U R U Z O G R F I T T K U S F
T Z T H D I X U X X H M V K V N V A U N S E A Q
C P B N W O D L O O C E U R Z K N K G C D E R Z
A Z D L O Y M D L O R R Y P M A U T U E T F U T
L T G G X K R N N L N T F L E J E L N A L W S C
A U N M D T I O O H C P R R Q R A T R E R E B W
C O O S I U L A Y P J X O I B R A T X H Q O A L
I K I I Y N D P L C M B K U S R R I D L S P C E
S R S L T M R Y C H I V W T Y A B L T A C Y X E
Y O S O I D E P D C U Z R L E I I H F W P M Z X
H W E B C J A N E H D E I H L E V N G F W A U C
P N R A I Z Q X G Y N F G I Y A O Z J O S J T E
A N G T F A E O T G E N T N I R Y U Q C Q D C R
U S O E I R J B T S I Y N N V J R F Z J L M X C
A O R M C P Z H T T R I A F N W I G W L Y F U I
O O P I E X T Y S U W B S Z Z E Z B E P H Y O S
O S S I P L L E O G J Y Q R K G Y W S U K Z M E
P E B C S E R E C N A R U D N E R A L U C S U M
G J T C O A E R O B I C E X E R C I S E W X E Y