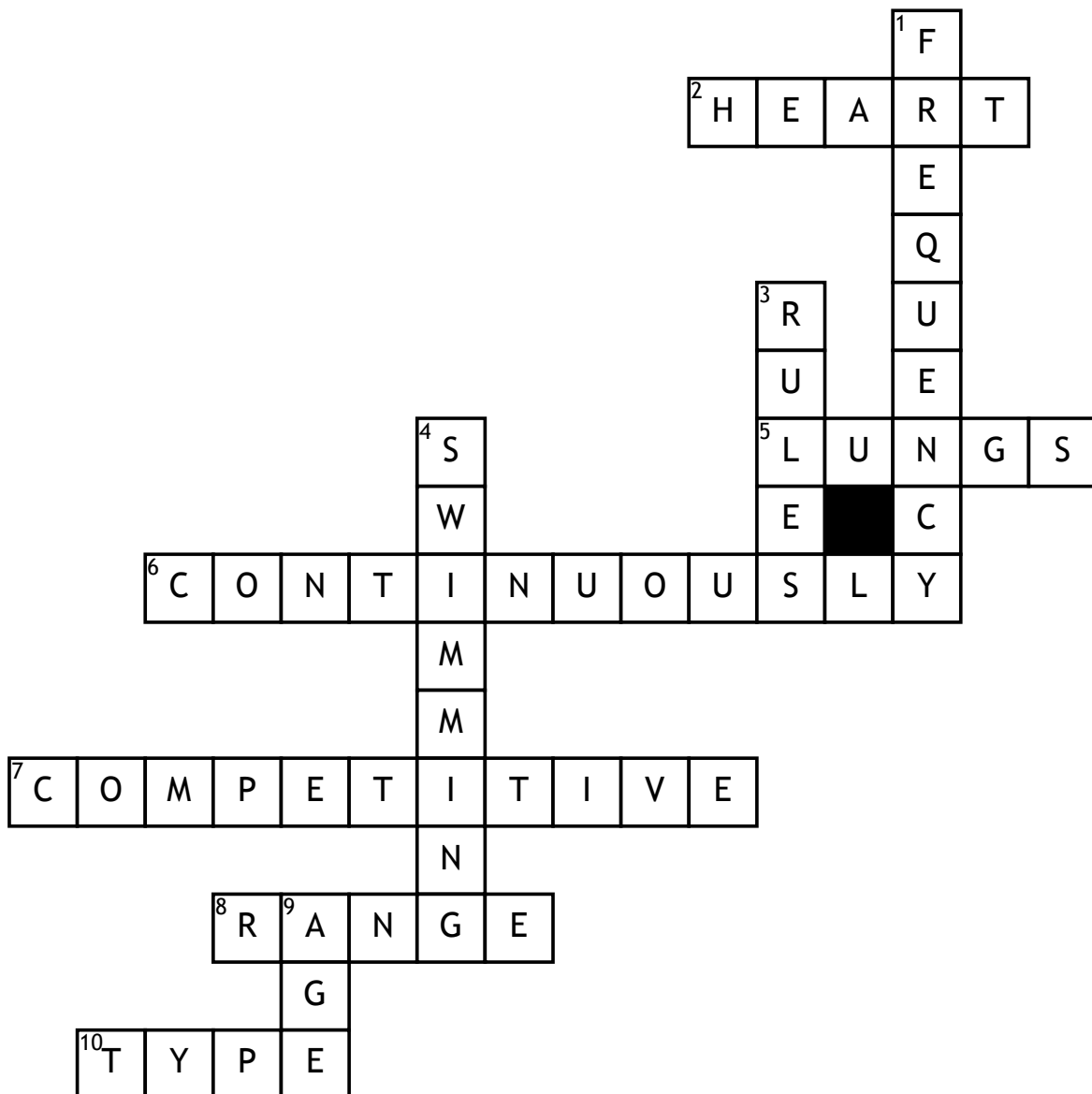


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Health: F I T T crossword



## Across

2. What rate does intensity target?
5. Intensity improves your heart and ....
6. Each training session must last for 20 min .....
7. What sportspeople push themselves to work above the training zone?

8. The target zone is the.....in which your body should be working?

10. What does the last "T" in F.I.T.T stand for?

## Down

1. What does F in F.I.T.T stand for
3. The FITT principle is a set of.....
4. What aerobic activity starts with "s"?
9. Max. heart rate=220-?