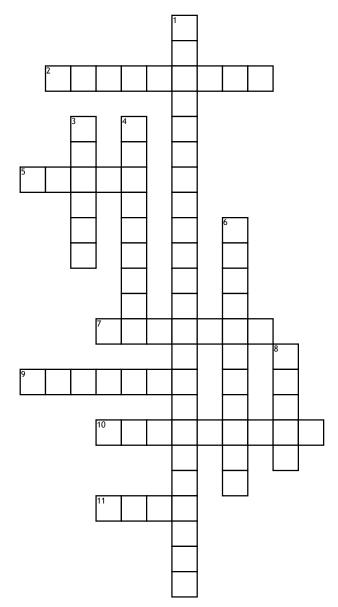
Name:	Date:	

Fitness Crossword



Across

- **2.** How many times your heart beat per minute
- **5.** Acronym for goals that are Specific, Measurable, Attainable, Relevant, and Timely
- **7.** What type of stretches "turn on" your muscles?
- **9.** The practice of being healthy and clean
- **10.** Name the large muscle found in the front of the leg/thigh

11. Cobra and downward dog are poses

Down

- **1.** We run the PACER test to measure this fitness component
- **3.** What type of stretches are used to cool down, after a work out?
- 4. The I in F.I.T.T principle stands for?
- **6.** The range of motion of joints and mobility of muscles
- 8. Drink this daily