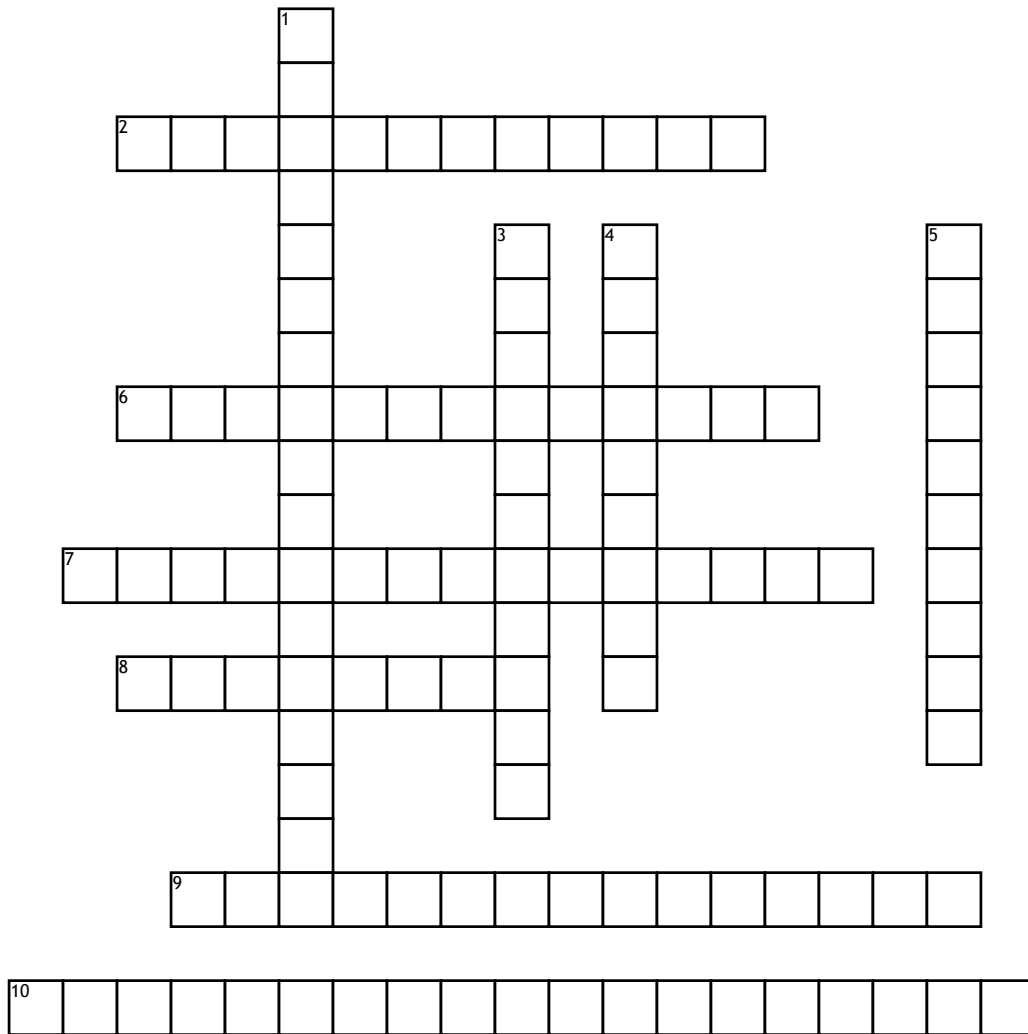


Name: _____

Date: _____

review



Across

2. number 3 of the four wheels of health
6. number 2 of the four wheels of health
7. number 4 of the four wheels of health
8. life fitness is your _____ success
9. what is the most important thing in your life?
10. martial arts world is the what?

Down

1. number 1 in the four wheels of health
3. in order to develop your mental fitness you must be both positive and _____
4. _____ fitness is the most valuable thing in your life
5. moral fitness is the _____ of your success

Word Bank

physical fitness
home of life champions
intelligent
eat and drink wisely

rest properly
exercise daily
think positively

ultimate
foundation
financial