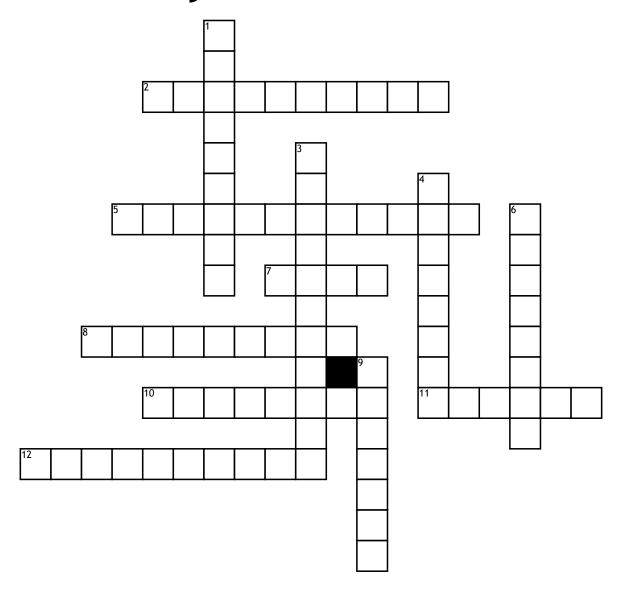
## Physical Fitness



## **Across**

- **2.** This type of exercise exerts resistance against a muscle as it moves through a motion at a steady rate
- 5. Over working the body
- **7.** There are how many elements of fitness?
- **8.** This type of exercise is intense, has short bursts of activity working your muscles so hard they produce energy without oxygen

- **10.** Physical activity that is planned, structured, and repetitive
- **11.** Overstretching and tearing a muscle
- **12.** Means working out on a regular basis

## Down

1. Uses muscle tension to improve strength with little or no movement of the body parts

- **3.** The ability to move your body parts through their full range of motion
- **4.** The letter "C" in the acronym P.R.I.C.E stands for?
- **6.** Exercising at a level that's beyond your regular daily activities
- **9.** This type of exercise involves rhythmic activities that use large muscle groups for an extended period of time.