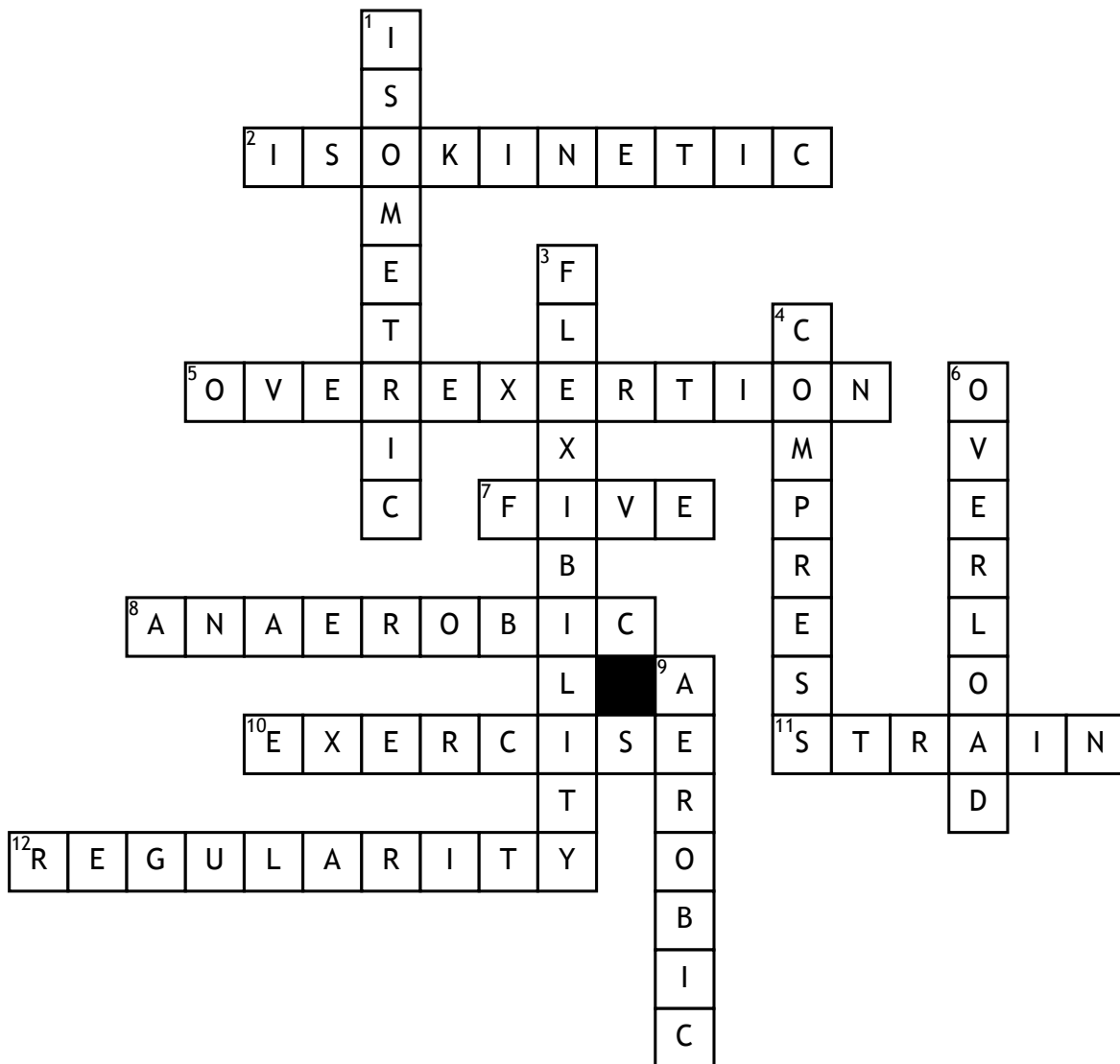


# Physical Fitness



## 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.