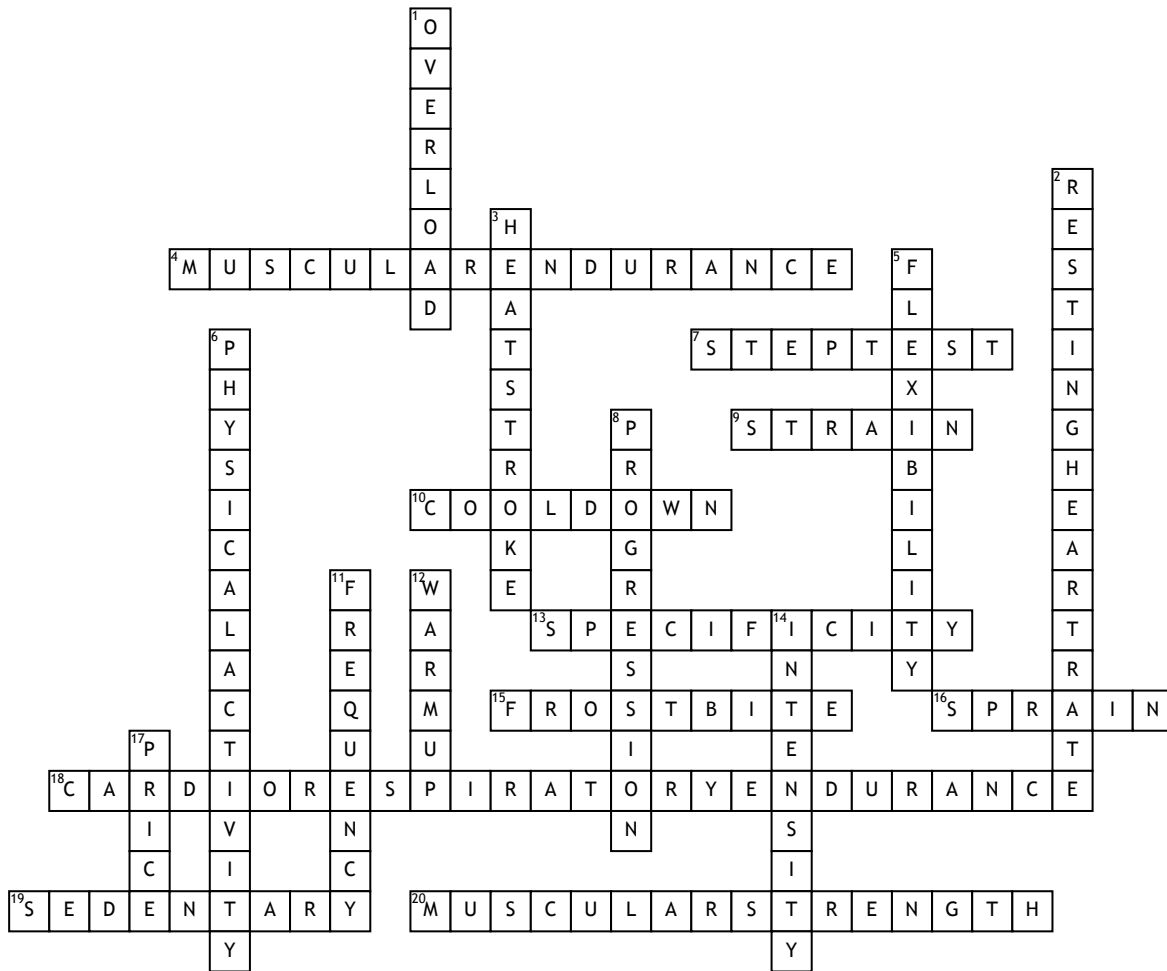


Name: \_\_\_\_\_

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

# Physical Activity



## Across

4. The ability of your muscles to perform physical tasks over a period of time without tiring

7. A test you can do to measure cardiorespiratory endurance

9. Overstretching and tearing a muscle.

10. Low-level activity that prepares your body to return to a resting state.

13. Choosing the right types of activities to improve a given element of fitness.

15. A risk of physical activity in the cold weather that damages the skin and tissues caused by extreme cold.

16. Injuries to the ligaments around a joint that produces pain, swelling, and stiffness.

18. The ability of your heart, lungs, and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity.

19. Involving little physical activity.

20. The amount of force your muscles can exert

## Down

1. Exercising at a level that's beyond your regular daily activities.

2. The number of times your heart beats per minute when you are not active.

3. A dangerous condition in which the body loses its ability to cool itself through perspiration.

5. The ability to move your body parts through their full range of motion.

6. Any form of movement that causes your body to use energy

8. Gradually increasing the demands on your body

11. "F" in F.I.T.T. formula

12. Gentle cardiovascular activity that prepares the muscles for work.

14. "I" in the F.I.T.T. formula.

17. Acronym used to help remember how to treat an injury.