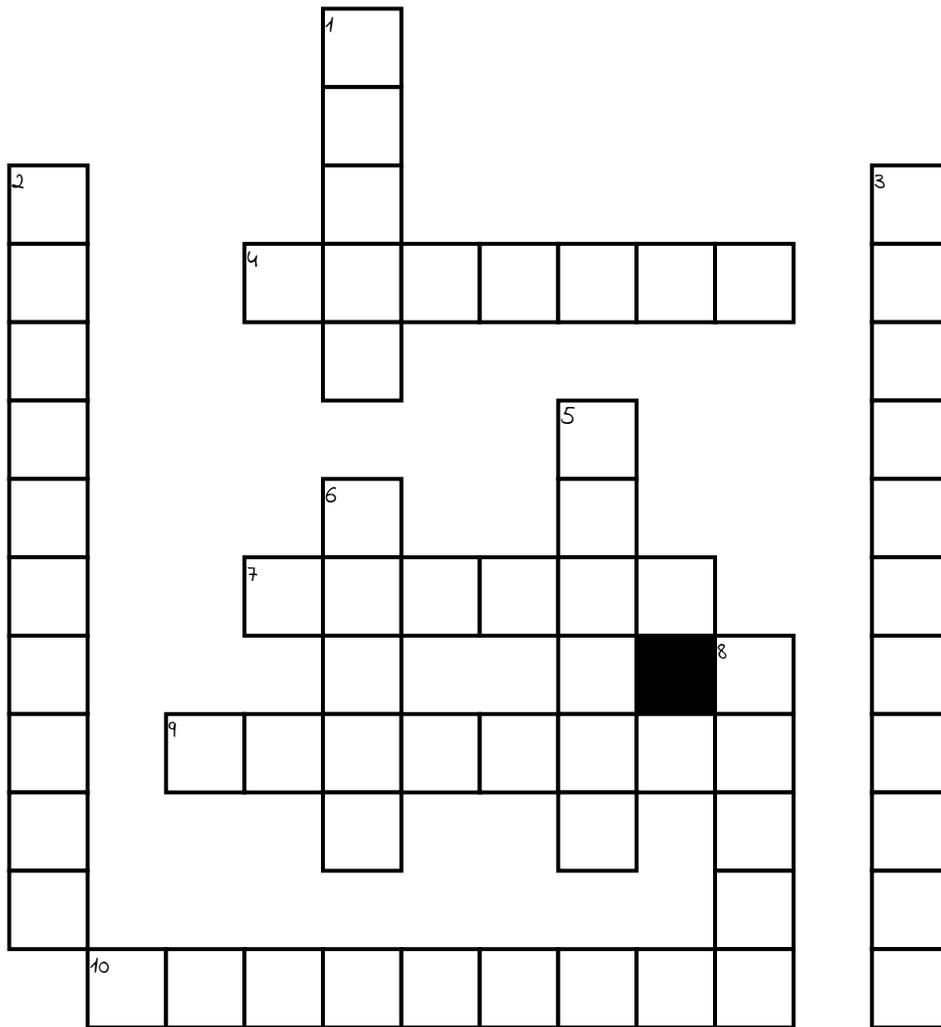


Fitness Finder



Across

- 4. This kind of activity pumps your hear and makes you breathe harder
- 7. Exercise helps create _____ bodies
- 9. Building muscle is what element of fitness?
- 10. what element of fitness does aerobic activities increase?

- 2. what helps improve your flexibility?
- 3. Muscles and joints moving easily is what element of fitness?
- 5. Exercise increases your levels of _____
- 6. Endurance activities help strengthen _____
- 8. How many fitness elements are there?

Down

- 1. Exercise helps you _____ better

Word Bank

- | | | | | |
|------------|-------|-------------|---------|-----------|
| stretching | three | flexibility | heart | endurance |
| leaner | sleep | strength | aerobic | energy |