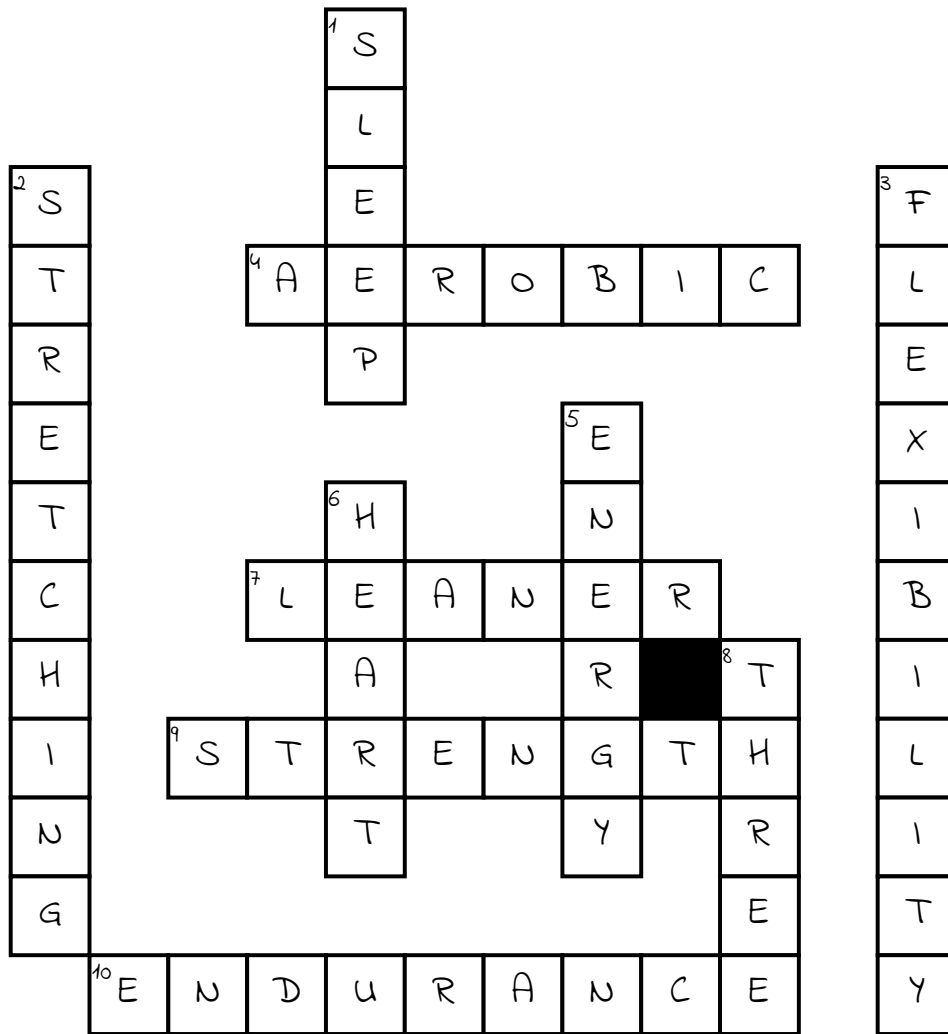


Name: \_\_\_\_\_

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

# Fitness Finder



## Across

4. This kind of activity pumps your heart 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?

## Down

1. Exercise helps you \_\_\_\_\_ better

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?

## Word Bank

energy      flexibility      sleep      leaner      three  
 strength      heart      aerobic      stretching      endurance