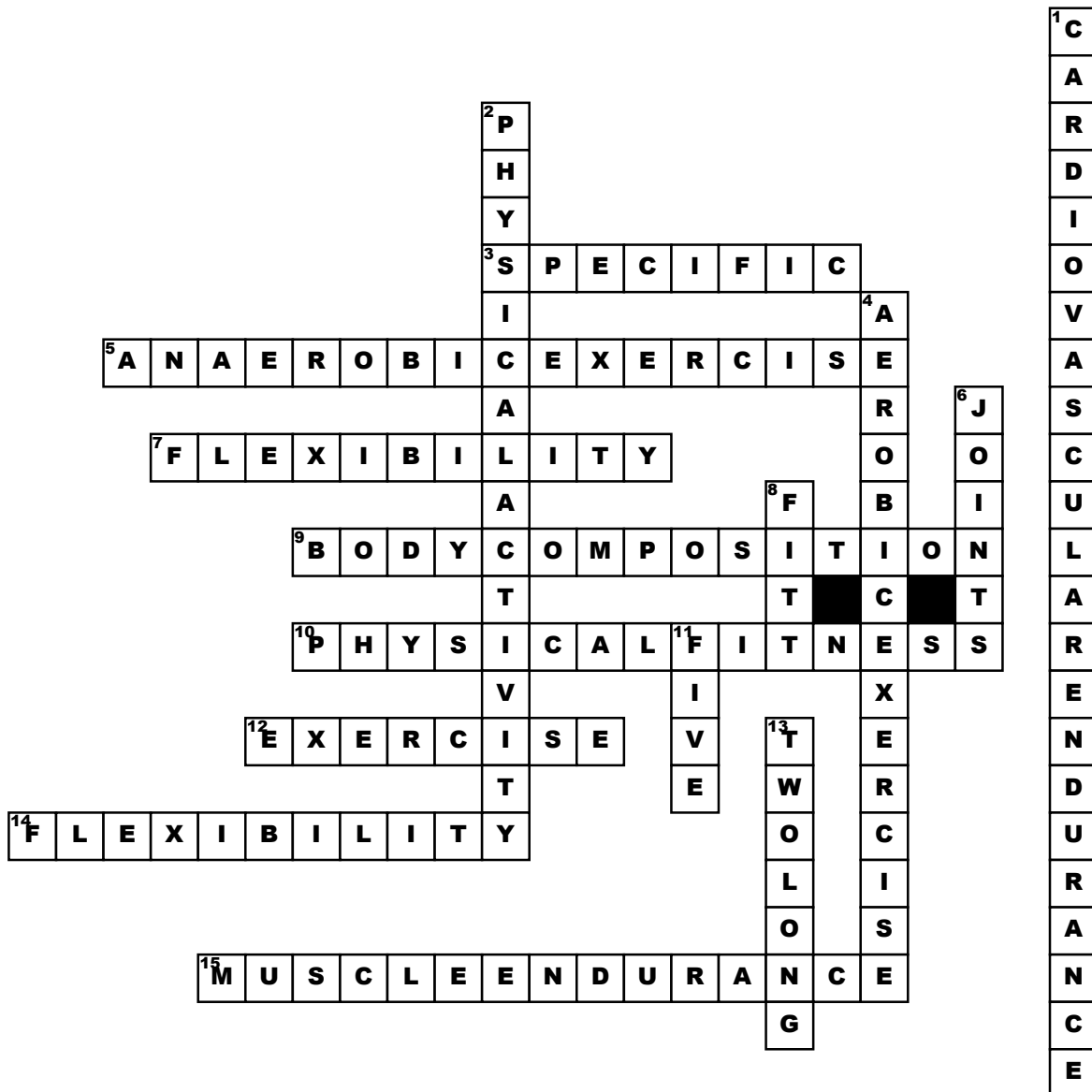


Name: _____

Date: _____

Physical Fitness and Goal Setting



Across

3. for setting SMART goals, the 'S' stands for?

5. intense physical activity that builds muscle but does not use large amounts of oxygen

7. the sit and reach test can help me improve this component

9. proportions of fat, bone, muscle, and fluid that make up body weight

10. the ability to handle the physical demands of everyday life without becoming overly tired

12. planned physical activity done regularly to build or maintain one's fitness

14. the ability to move joints fully and easily through a full range of motion

15. the ability of a muscle to repeatedly use force over a period of time

Down

1. also known as heart and lung endurance, is a measure of how efficiently your heart and lungs work when you exercise and how quickly they return to normal when you stop

2. any form of bodily movement that uses up energy

4. rhythmic activity that uses large amounts of oxygen and works the heart and lungs.

6. This is the place where two or more bones meet

8. The _____ principal is a method for safely increasing aspects of your workout without hurting yourself

11. fitness is made up of this many components

13. there are _____ types of goals, short and _____ term goals.