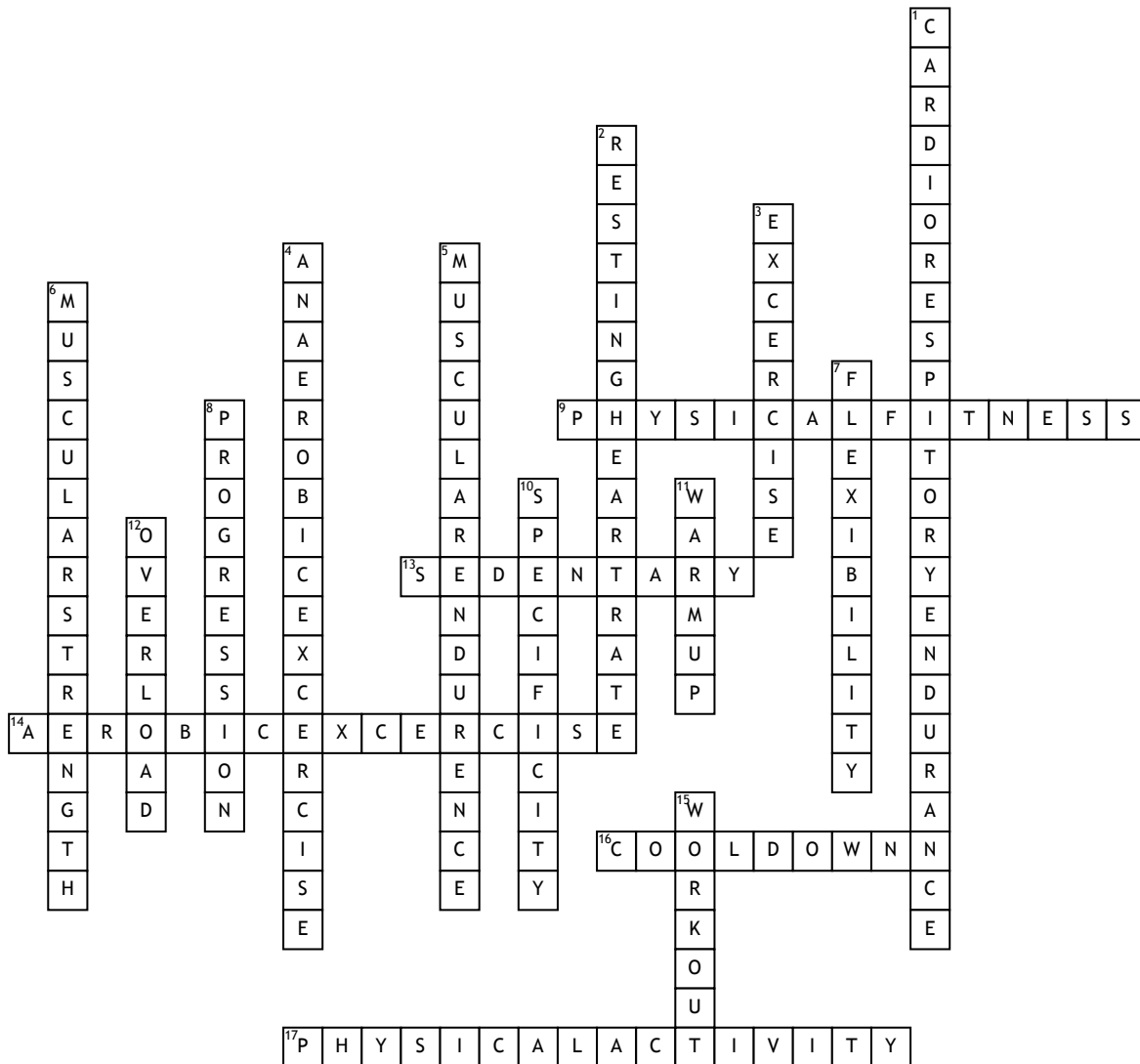


Name: _____

Date: _____

chapter 12 vocab



Across

9. the ability to carry out daily tasks easily and have enough reserve energy to respond
 13. involving little physical activity
 14. all rhythmic activities that use large muscle groups for an extended period of time
 16. low-level activity that prepares your body to return to a resting state
 17. any form of movement that causes your body to use energy

Down

1. 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

2. the number of times your heart beats per minute when you are not active
 3. purposeful physical activity that is planned, structured, and repetitive, and that improves or maintains physical activity
 4. intense, short workout bursts of activity in which the muscles work so hard that they produce energy without using oxygen
 5. the ability of your muscles to perform physical tasks over a period of time without tiring
 6. the amount of force your muscles can exert
 7. the ability to move your body parts through their flexible range of motion
 8. gradually increasing the demands on your body

10. choosing the right types of activities to improve a given element of fitness
 11. gentle cardiovascular activity that prepares the muscles for work
 12. exercising at a level that's beyond your regular daily activity
 15. the part of an exercise session when you are exercising at your highest peak