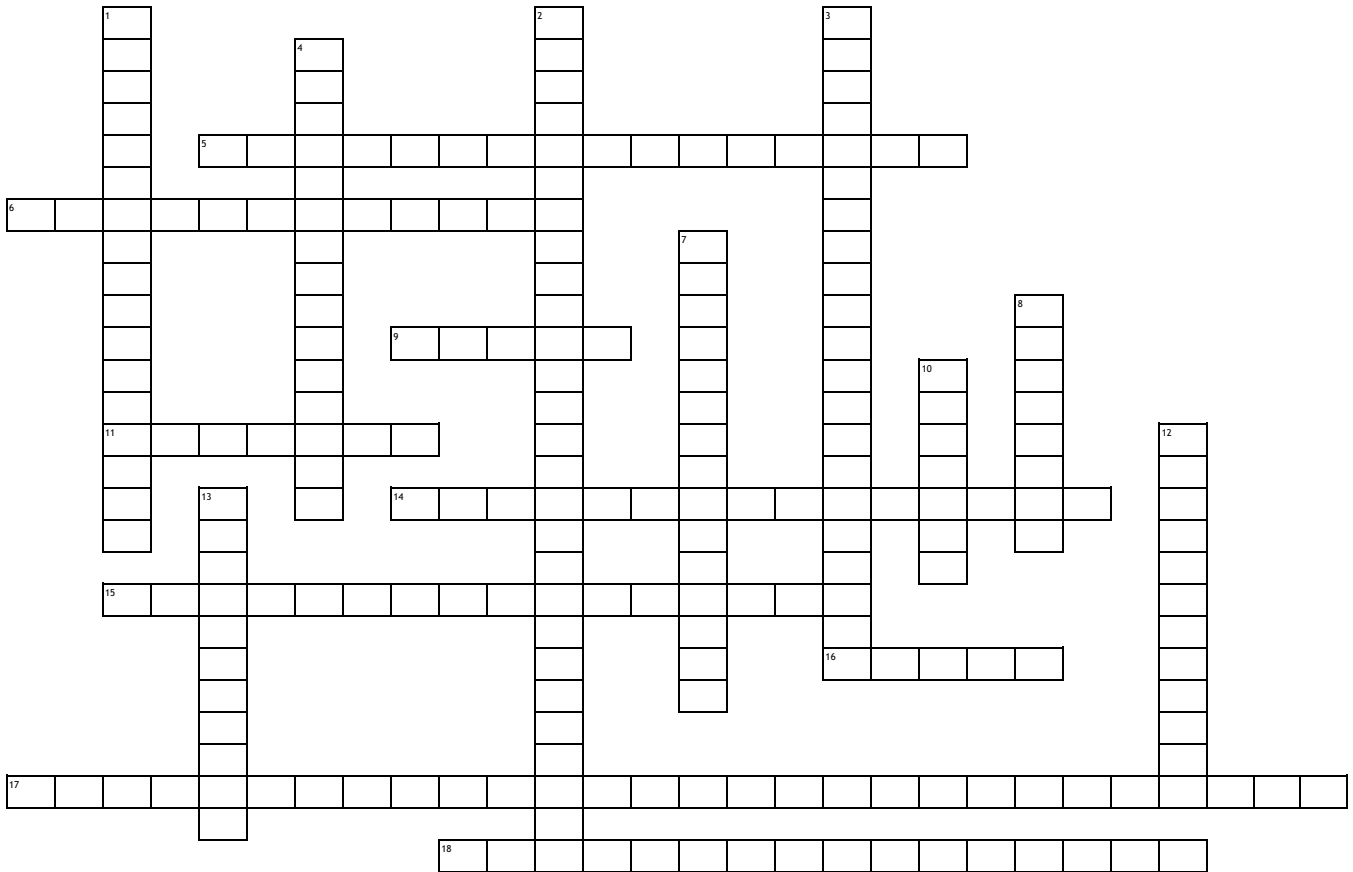


# Fitness and Wellness



**Across**

- 5. movement using the large muscles of the body
- 6. amount of time it takes to move once you realize the need to act.
- 9. ability to use strength quickly
- 11. the ability to change the position of one's body quickly and to control one's body movements.
- 14. the ability of your body systems to work together efficiently
- 15. age related number of beats per minute of the heart when working at its maximum
- 16. ability to perform a movement or cover a distance in a short period of time
- 17. parts of physical fitness that help a person stay healthy
- 18. number of heartbeats during a period of inactivity

**Down**

- 1. ability to use your muscles many times without tiring
- 2. parts of fitness that help a person perform well in sports and activities
- 3. ability to exercise your entire body for long periods of time without stopping
- 4. percentage of body weight that is made up of body fat
- 7. a zone that one is aiming to get while exercising
- 8. state of being that enables one to reach his/her fullest potential
- 10. ability to keep an upright posture while standing still or moving
- 12. ability to use your senses together with your body parts or to use two or more body parts together
- 13. ability to use your joints fully through a wide range of motion

**Word Bank**

Muscular Endurance  
 Physical Activity  
 Physical Fitness  
 Maximum Heart Rate  
 Speed

Agility  
 Flexibility  
 Coordination  
 Health-Related Physical Fitness  
 Body Composition

Wellness  
 Cardiovascular Fitness  
 Reaction Time  
 Skill- Related Physical Fitness

Balance  
 Target heart rate  
 Power  
 Resting Heart Rate