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
Physical Fitness
Agility
Wellness
Target heart rate
Speed
Physical Activity
Balance
Flexibility
Health-Related Physical Fitness
Cardiovascular Fitness
Skill-Related Physical Fitness
Power
Maximum Heart Rate
Reaction Time
Muscular Endurance
Body Composition
Resting Heart Rate
Coordination