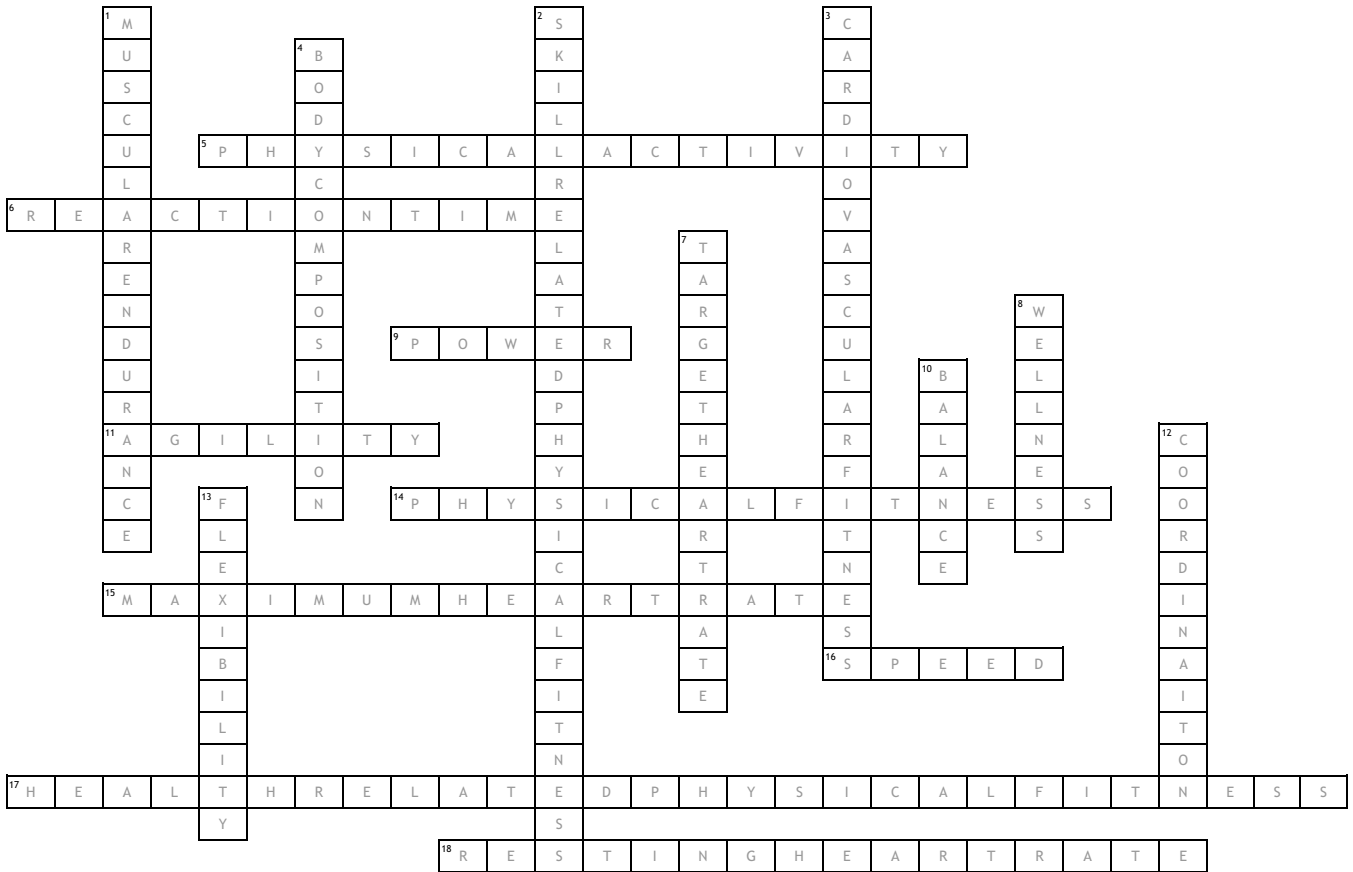


# Fitness and Wellness



- 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**

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