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
5. a zone that one is aiming to get while exercising
6. state of being that enables one to reach his/her fullest potential
7. ability to keep an upright posture while standing still or moving
8. ability to use your senses together with your body parts or to use two or more body parts together
9. ability to use your joints fully through a wide range of motion

Word Bank

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