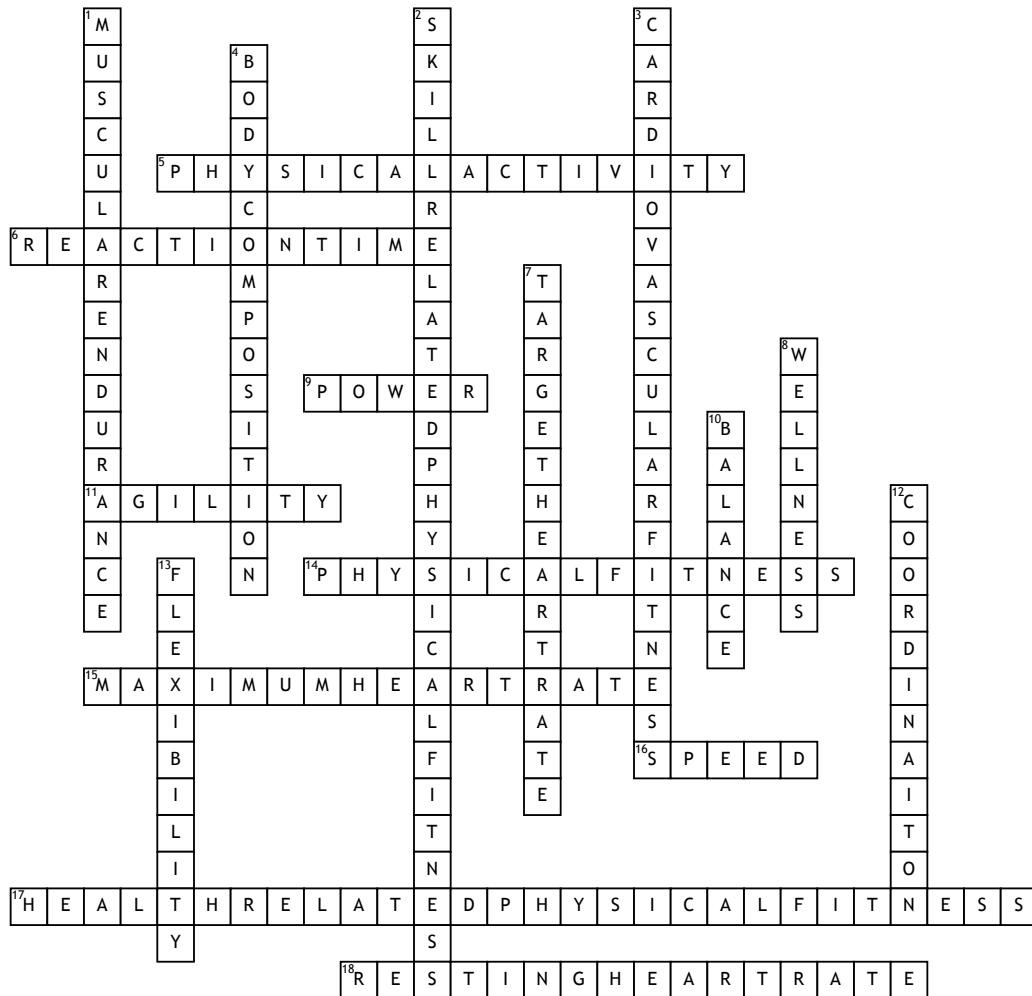


# Fitness and Wellness



## 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  
 Power  
 Physical Activity  
 Flexibility  
 Agility  
 Health-Related Physical Fitness

Speed  
 Coordination  
 Physical Fitness  
 Reaction Time  
 Target heart rate  
 Cardiovascular Fitness

Maximum Heart Rate  
 Resting Heart Rate  
 Body Composition  
 Muscular Endurance  
 Balance  
 Skill-Related Physical Fitness