

Name: _____ Date: _____

Unscramble Fitness and Wellness Vocabulary Terms

1. PYIAHCLS ITYVCAIT Physical Activity
2. AETRH TRAE Heart Rate
3. SLWELSEN Wellness
4. STIEGNR AHETR REAT Resting Heart Rate
5. LYICPASH SETFNIS Physical Fitness
6. TSHRGENT Strength
7. ERCEXSEI EARHT EART Exercise Heart Rate
8. PESDE Speed
9. ITYLAGI Agility
10. ATNIRCOE ETMI Reaction Time
11. NAABCLE Balance
12. AUUCMSRL RUNDENCEA Muscular Endurance
13. DYOB IIMSNPOCOTO Body Composition
14. LIXITFILBYE Flexibility
15. RLOCRAASCUIADV CDARNNEUE Cardiovascular Endurance
16. NIIRNTOCOOAD Coordination