Fitness Crossword Puzzle

Across
5. The I in the F.I.T.T principle stands for?
7. Acronym for goals that are Specific, Measurable, Attainable, Relevant, and Timely
11. ____ Syndrome is a cluster of conditions that increase the risk of heart disease, stroke, and diabetes
12. Drink this daily

Down
1. ____ Training using less reps and higher weights
2. The Range of motion of joints and mobility of muscles
3. Walk for a long distance, usually in the woods
4. Normal Range is less than 120/80
6. Cobra and downward dog are ____ poses
8. Exercise that increases heart rate and the use of oxygen
9. Physical activity to sustain or improve health and fitness
10. The M in BMI stands for?