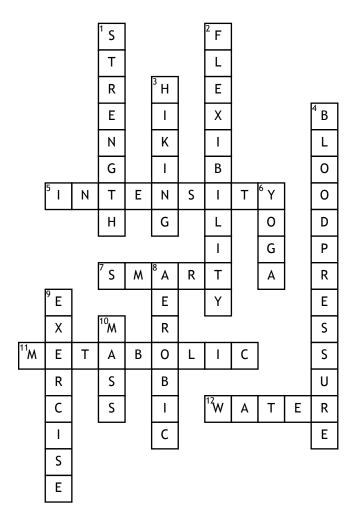
## Fitness Crossword Puzzle





## **Across**

- **5.** The I in the F.I.T.T principle stands 1. \_\_\_\_ Training 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
- Physical activity to sustain or improve health and fitness
  The M in BMI
- 10. The M in BM stands for?