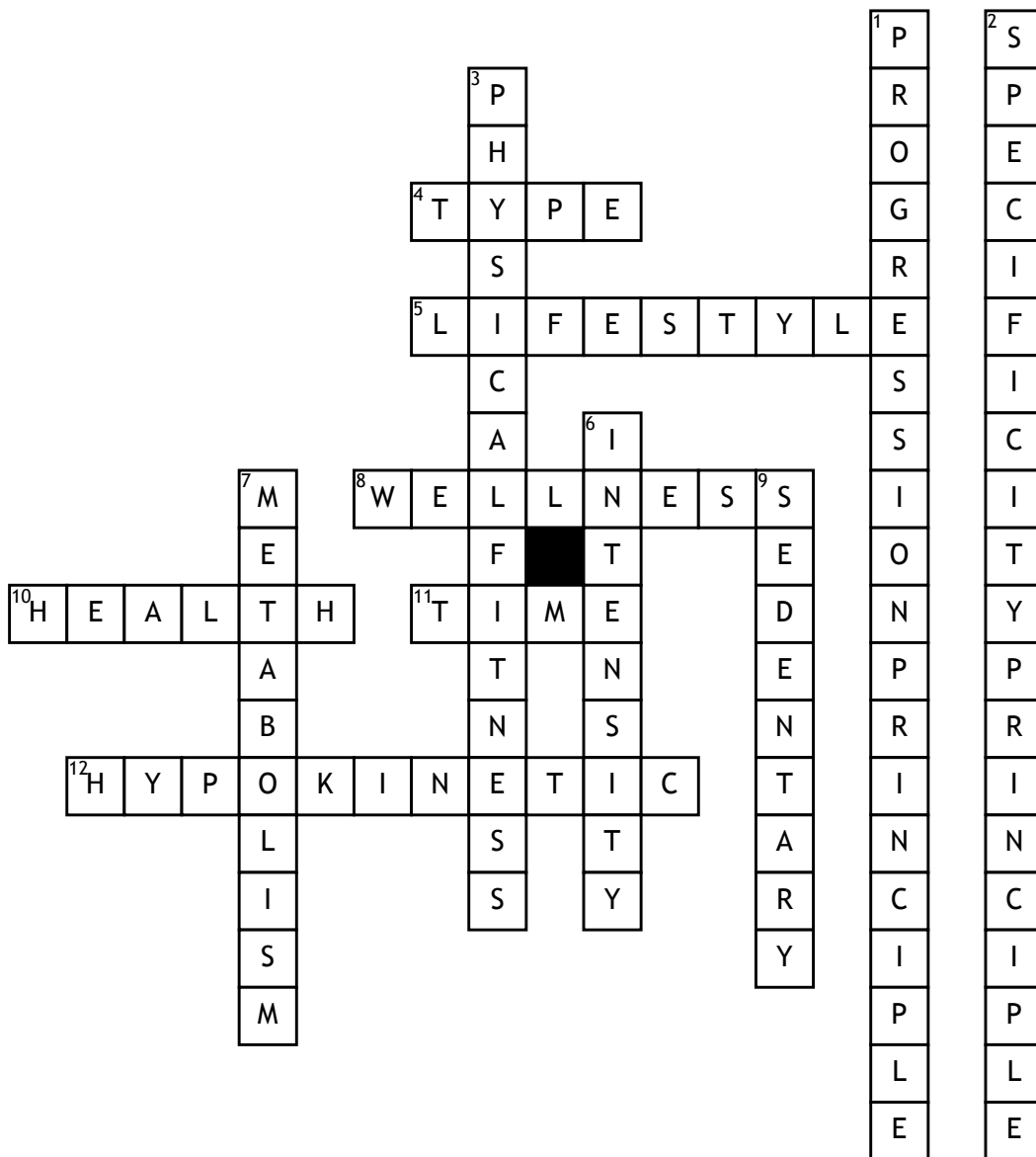


Unit 1 Fitness for Life Test Review



Across

- 4. The activity you choose
- 5. The bottom level (Level 1) of the physical activity pyramid
- 8. state of being that allows you to reach your fullest potential
- 10. balance of spiritual, physical, emotional, social and mental well being

- 11. Duration of your workout
- 12. a health problem caused by a lack of physical activity

Down

- 1. Rate at which you change the FITT of your workouts
- 2. Improvements in personal fitness occur in the muscles that you overload during work

- 3. ability of the body systems to work together efficiently
- 6. How hard you work
- 7. amount of energy needed to sustain life
- 9. The top level (Level 4) of the physical activity pyramid