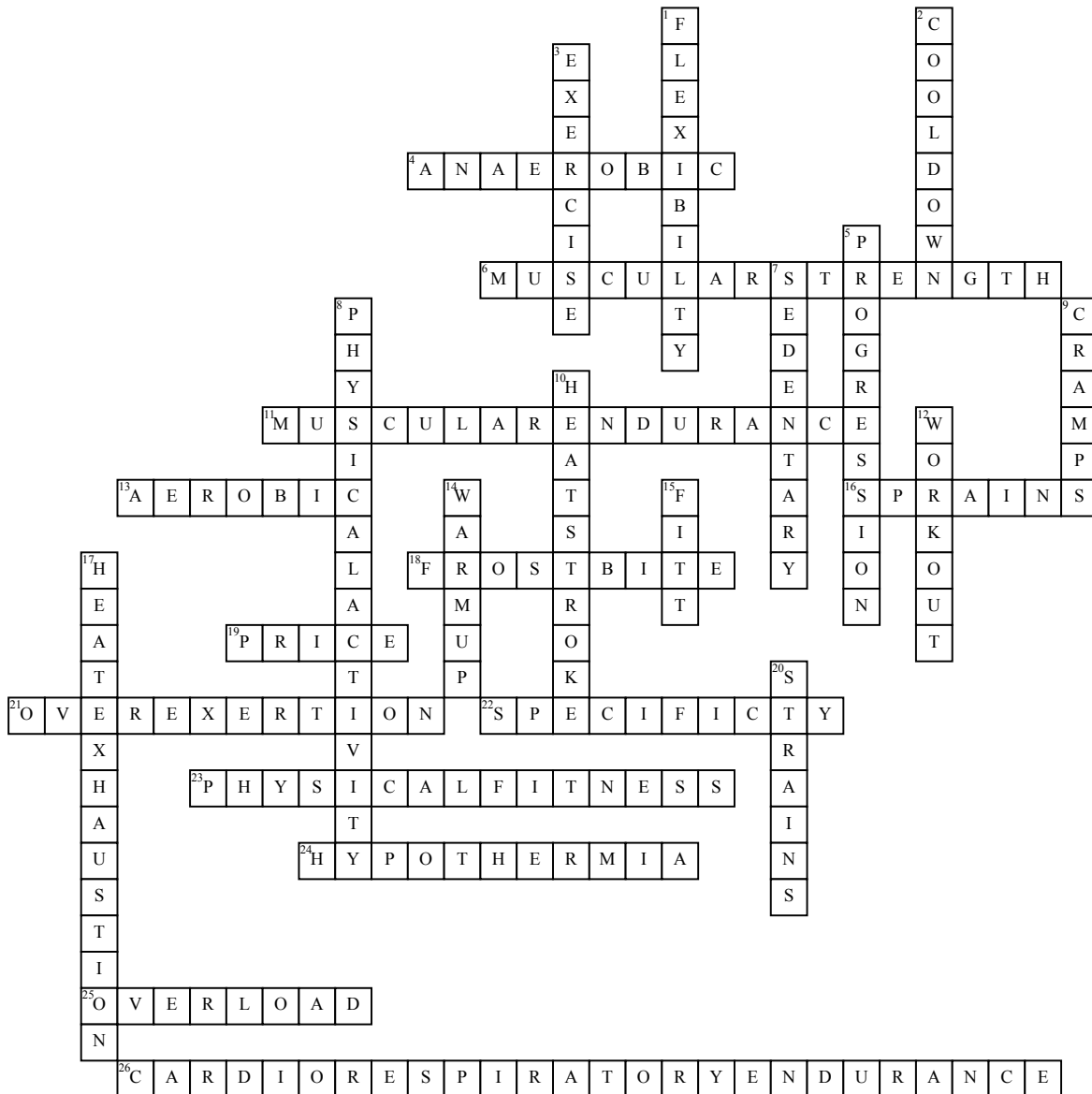


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# PHYSICAL FITNESS CROSSWORD PUZZLE



## Across

4. PRODUCE ENERGY WITHOUT USING OXYGEN  
6. AMOUNT OF FORCE YOUR MUSCLES CAN EXERT  
11. MUSCLES TO PERFORM PHYSICAL TASKS OVER A PERIOD OF TIME  
13. RHYTHMIC ACTIVITIES  
16. INJURIES TO THE LIGAMENT AROUND A JOINT  
18. DAMAGE TO SKIN AND TISSUE IN EXTREME COLD WEATHER  
19. A PROCESS TO CONTROL SWELLING AFTER AN INJURY  
21. OVERWORKING THE BODY  
22. CHOOSING THE RIGHT TYPES OF ACTIVITIES

23. ENOUGH ENERGY TO RESPOND TO UNEXPECTED DEMANDS  
24. LOW BODY TEMPERATURE  
25. BEYOND YOUR REGULAR DAILY ACTIVITIES  
26. HEART, LUNGS, AND BLOOD VESSELS

## Down

1. FULL RANGE OF MOTION  
2. PREPARES YOUR BODY TO RETURN TO A RESTING STATE  
3. MAINTAINS PHYSICAL FITNESS  
5. INCREASING DEMANDS ON YOUR BODY  
7. INVOLVING LITTLE PHYSICAL ACTIVITY  
8. BODY TO USE ENERGY  
9. PAINFUL CONTRACTIONS

10. DANGEROUS CONDITION IN WHICH THE BODY LOSES THE ABILITY TO COOL ITSELF  
12. EXERCISING AT YOUR HIGHEST PEAK  
14. PREPARES THE MUSCLES FOR WORK  
15. DURATION  
17. PHYSICAL STRESS ON THE BODY CAUSED BY OVERHEATING  
20. OVERSTRETCHING AND TEARING A MUSCLE