

Chapter 12: Physical Activity and Fitness



resting heart rate
anaerobic exercise
muscular endurance
muscular strength
Physical Activity
aerobic exercise
physical fitness
overexertion
hypothermia
progression
specificity
flexibility
heatstroke
frostbite
cool-down
sedentary
overload
exercise
workout
warm-up

H O T P N B W O N V C X V M Y X F V R T W O F W
E G Y N U D Y T G O U U C B A B V P T D K T G U
W E Z H W Z B Z L R I F G S S H G O E S Z F W U
I P H Y S I C A L F I T N E S S I X S S Q D B P
D A I M R E H T O P Y H R N D I E O I L H R Y R
O K J H F K X M K Y L O K E M E T X C Y T E S O
E Q E R Q B Z M E R D I I F X V L N R H G C U G
S G T Q Z E C C Q A L P M J T E D F E W N N Z R
I S A X I I X H K V Z G W I X W R L X P E A Y E
C J R T Y J E U A O X P R H U N J E E Q R R N S
R O T D U Y Y R A T N E D E S H K X V J T U F S
E M R F C O P K T O V E R L O A D I F O S D N I
X S A U I D K J U N W O D L O O C B W N R N I O
E S E N P Y E R R W D L O W W L V I A H A E B N
C P H L N O D X O E E J E E R J V L R E L R F V
I E G W T D X T Z W K D X V R Y F I M A U A L P
B C N C L B D F E F T J F O H E Q T U T C L Y X
O I I F N M U W J J K O J R W V I Y P S S U C T
R F T Y T I V I T C A L A C I S Y H P T U C Y J
E I S H L X H A J E T I B T S O R F G R M S V A
A C E P I Y C U H T M H P Q L X B B L O R U H G
N I R L X P K Z S Z V F R J N O Q T F K U M V G
A T E S I C R E X E C I B O R E A V S E P Z F R
O Y B I K C L R O F L Y C L U F F A Z G Z Q E I