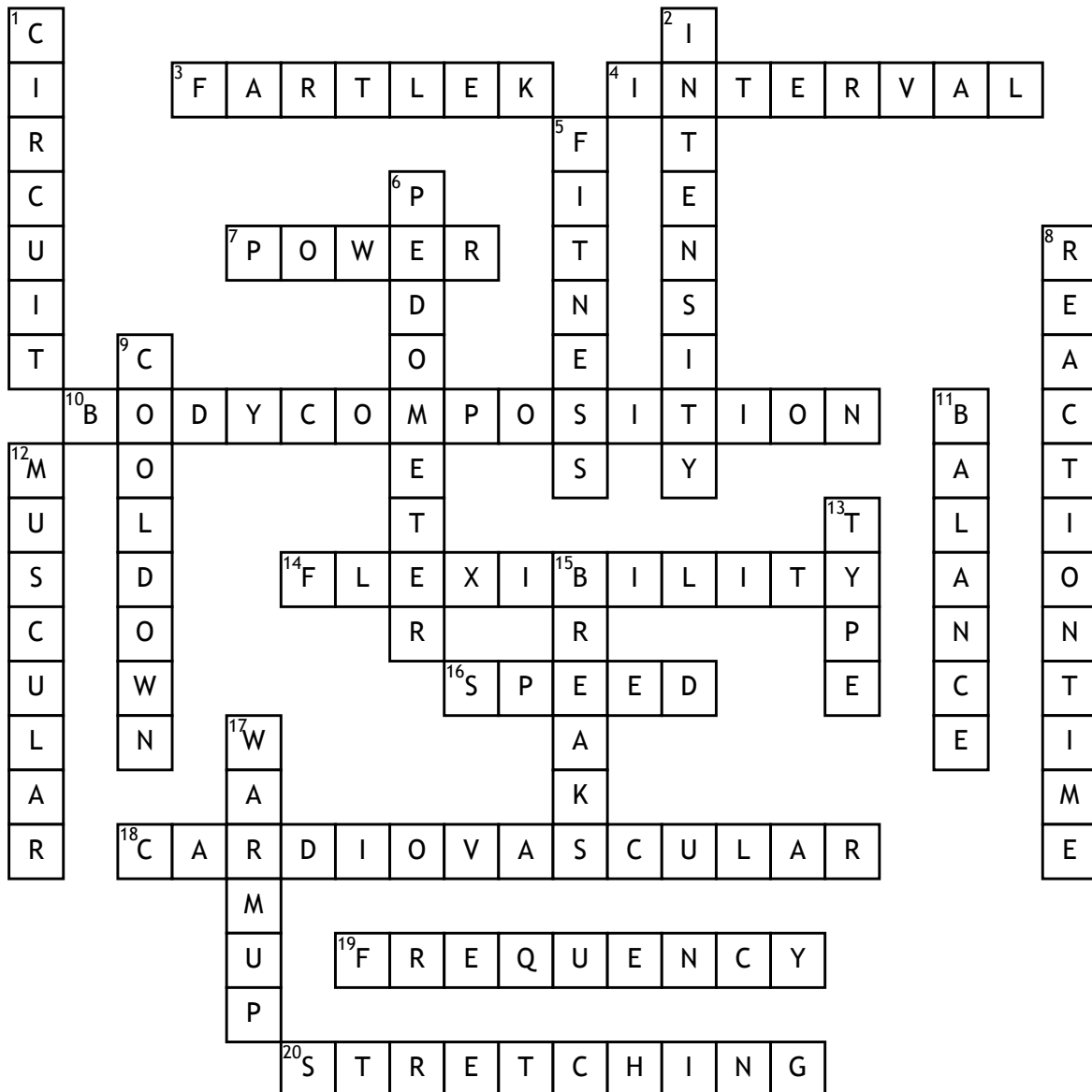


Name: _____

Date: _____

Crossword: Fitness



Across

3. Type of training which includes frequent changes of intensity without including rests

4. This training involves alternate periods of high and low intensity exercises

7. The ability to exert maximal strength

10. The percentage of water, bone, fat and muscle in our body

14. The ability to fully move a range of joints without breaking any bones

16. A skill an athlete would need to win 50m sprint

18. The ability of the heart, lung and blood vessels to deliver oxygen to the body tissues is known as what kind of endurance

19. How often you do a certain exercise
20. It is good to do this before and after any physical activity

Down

1. A type of training that has a range of exercises that target different body areas

2. The amount of force/strength used when training

5. The state of being physically fit and healthy

6. A device used to measure the amount of steps taken

8. The amount of time taken to respond when a ball is thrown towards you

9. To physically allow the body to return to its normal state after exercise

11. A skill that would benefit a gymnast

12. The ability to move your body or an object repetitively without getting tired

13. What can I do to my exercise if I find running in the park to repetitive and boring

15. You should include these between your daily exercises

17. It is good to _____ before running a marathon