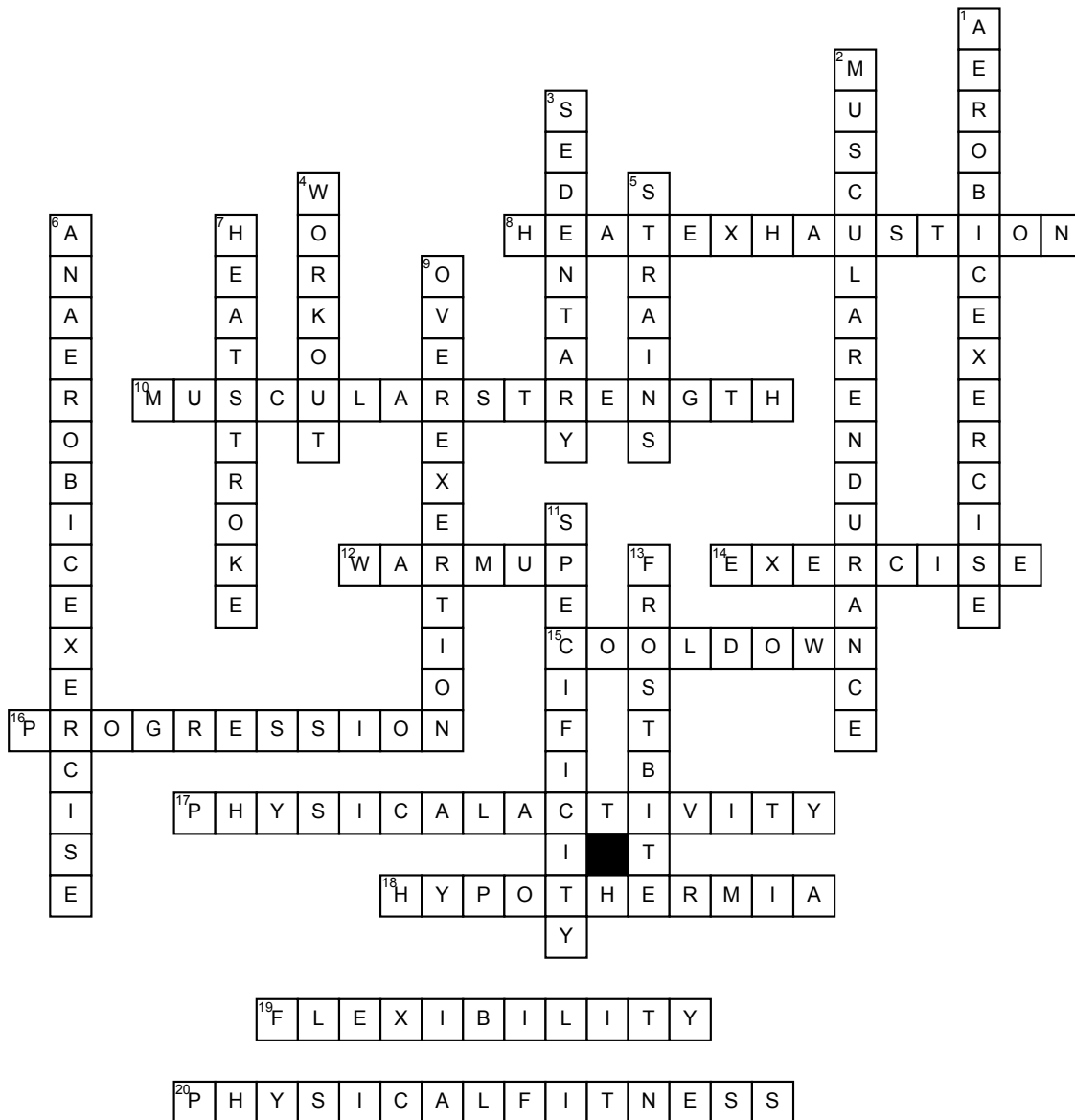


Health 10



Across

8. A form of physical stress on the body caused by overheating
10. The amount of force your muscles can exert
12. Gentle cardiovascular activity that prepares the muscles for work
14. Purposeful physical activity that is planned, structured, and repetitive, and that improves or maintains physical fitness
15. Low-level activity that prepares your body to return to a resting state
16. Gradually increasing the demands on your body
17. Any form of movement that causes your body to use energy.
18. Dangerously low body temperature

19. The ability to move your body parts through their full range of motion
20. The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

Down

1. Includes all rhythmic activities that use large muscle groups for an extended period of time
2. The ability of your muscles to perform physical tasks over a period of time without tiring
3. Involving little physical activity
4. The part of an exercise session when you are exercising at your highest peak
5. Result from overstretching and tearing a muscle

6. Involves intense, short bursts of activity in which the muscles work so hard that they produce energy without using oxygen
7. A dangerous condition in which the body loses its ability to cool itself through perspiration
9. Overworking the body
11. Choosing the right types of activities to improve a given element of fitness
13. Damage to the skin and tissues caused by extreme cold