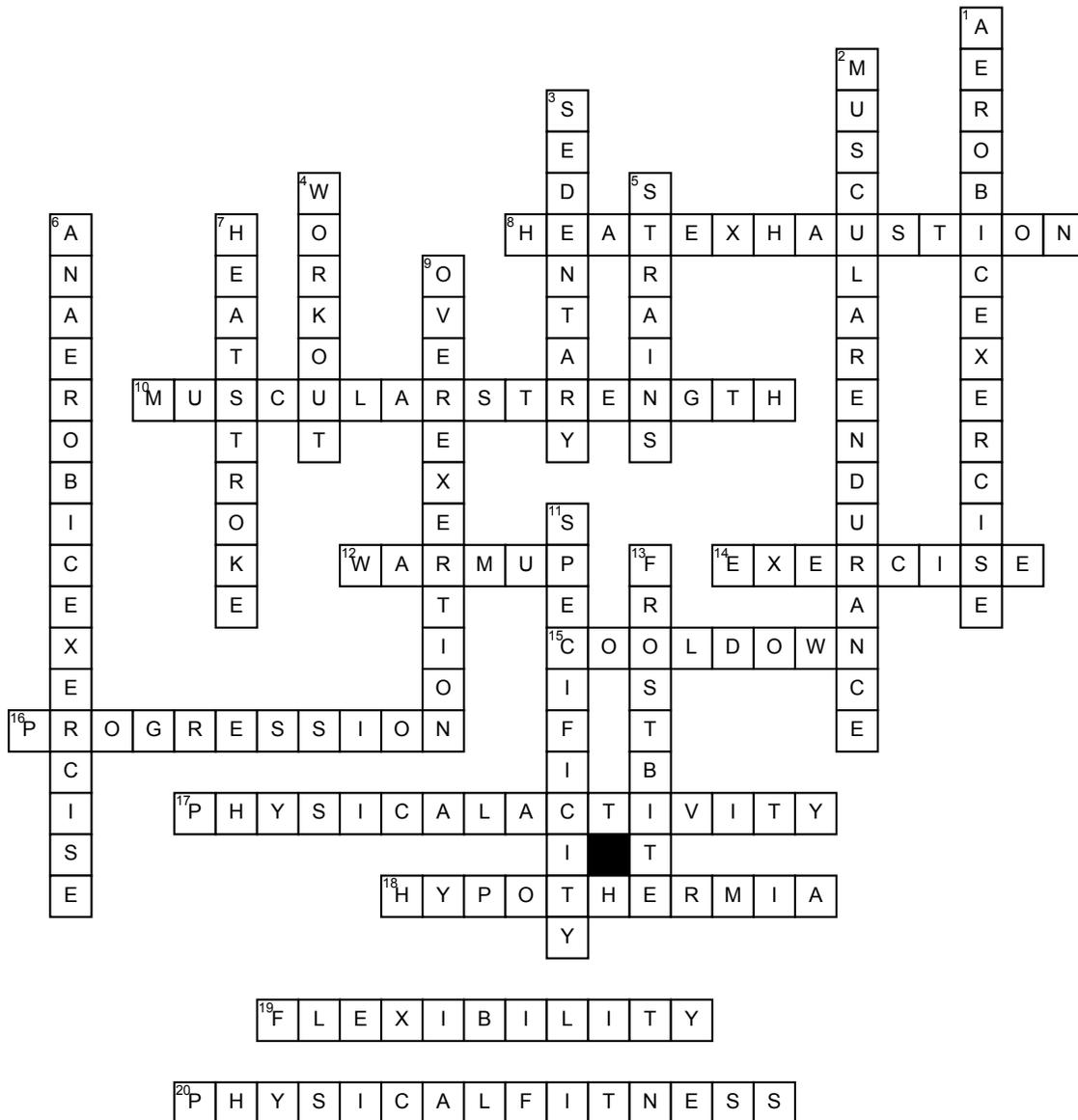


Health 10



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