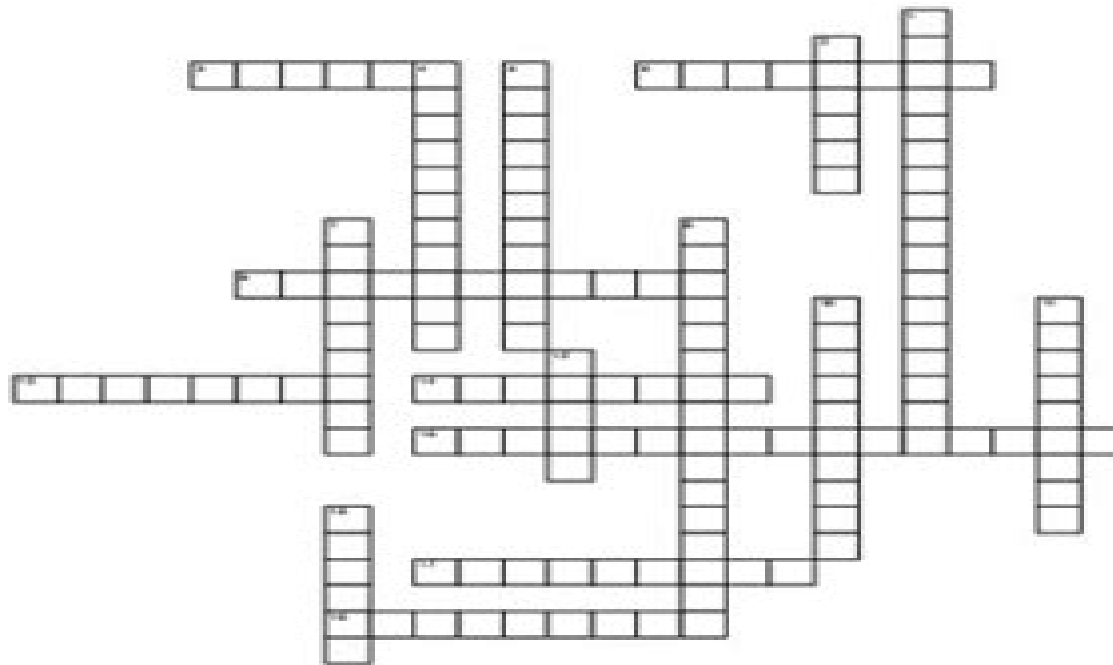


Physical Activity



Across

- [3] Gentle cardiovascular activity that prepares the muscles for work.
- [6] A test you can do to measure cardio respiratory endurance
- [9] The ability to move your body parts through their full range of motion.
- [13] Low-level activity that prepares your body to return to a resting state.
- [14] Exercising at a level that's beyond your regular daily activities.
- [15] The amount of force your muscles can exert
- [17] A risk of physical activity in the cold weather that damages the skin and tissues caused by extreme cold.
- [18] "T" in the F.I.T.T. formula.

Down

- [1] The ability of your muscles to perform physical tasks over a period of time without tiring
- [2] Overstretching and tearing a muscle.
- [4] Gradually increasing the demands on your body
- [5] Choosing the right types of activities to improve a given element of fitness.
- [7] "F" in F.I.T.T. formula
- [8] Any form of movement that causes your body to use energy
- [10] A dangerous condition in which the body loses its ability to cool itself through perspiration.
- [11] Involving little physical activity.
- [12] Acronym used to help remember how to treat an injury.
- [16] Injuries to the ligaments around a joint that produces pain, swelling, and stiffness.

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Answer

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