

# Fitness

## Across

3. \_\_\_\_\_ heath: Anything dealing with your body.

6. The hearts purpose is to keep \_\_\_\_\_ pumping

12. To improve your physical health you can \_\_\_\_\_, eat healthy, and have good hygiene.

13. Refers to the ability of each joint to express its full range of motion

15. Keeping your health \_\_\_\_\_ in complete balance can keep you and your body heathly

18. \_\_\_\_\_ composition refers to the ratio of body fat

19. The maximum force a muscle or muscle group can produce is \_\_\_\_\_.

20. \_\_\_\_\_ composition refers to the ratio of body fat moderate vigorous activity.

## Down

1. \_\_\_\_\_ calipers are another way body composition can be measured.

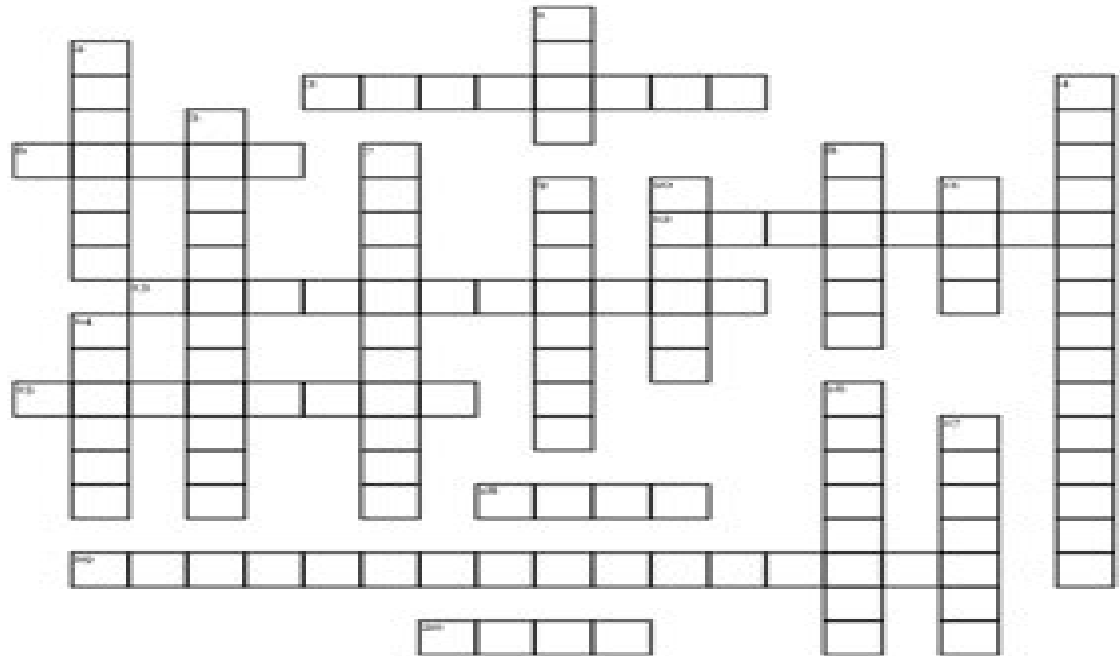
2. Is the ability of a sports performer to quickly and precisely move or change direction without losing their balance is \_\_\_\_\_

4. Your body should be consistently working at \_\_\_\_\_ during exercise.

5. \_\_\_\_\_ is when you get along with one another and you interact

7. The ability to move joints fully and easily through a full range of motion is \_\_\_\_\_

8. Gentle exercises \_\_\_\_\_ to prepare your muscles for moderate to vigorous activity



9. Gentle exercise that let your body adjust to ending a workout is \_\_\_\_\_

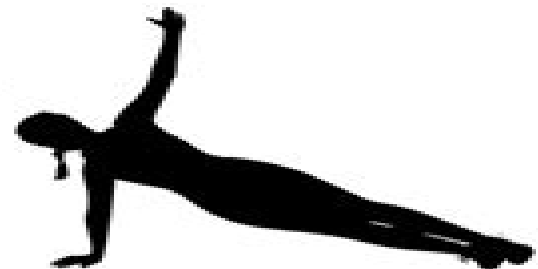
10. Expressing your feelings your feelings in t positive was is an example of \_\_\_\_\_ health.

11. It is recommended that teenagers get \_\_\_\_\_ hours of sleep

14. Listening to music is one example of how to mange

16. Muscular \_\_\_\_\_: is the most weight you can lift or the most force you can exert at one time.

17. Training and lifting \_\_\_\_\_ focusing on muscular strength and endurance.



# Physical Education 22 Crosswords

**Tobias Bleicker**

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