

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.

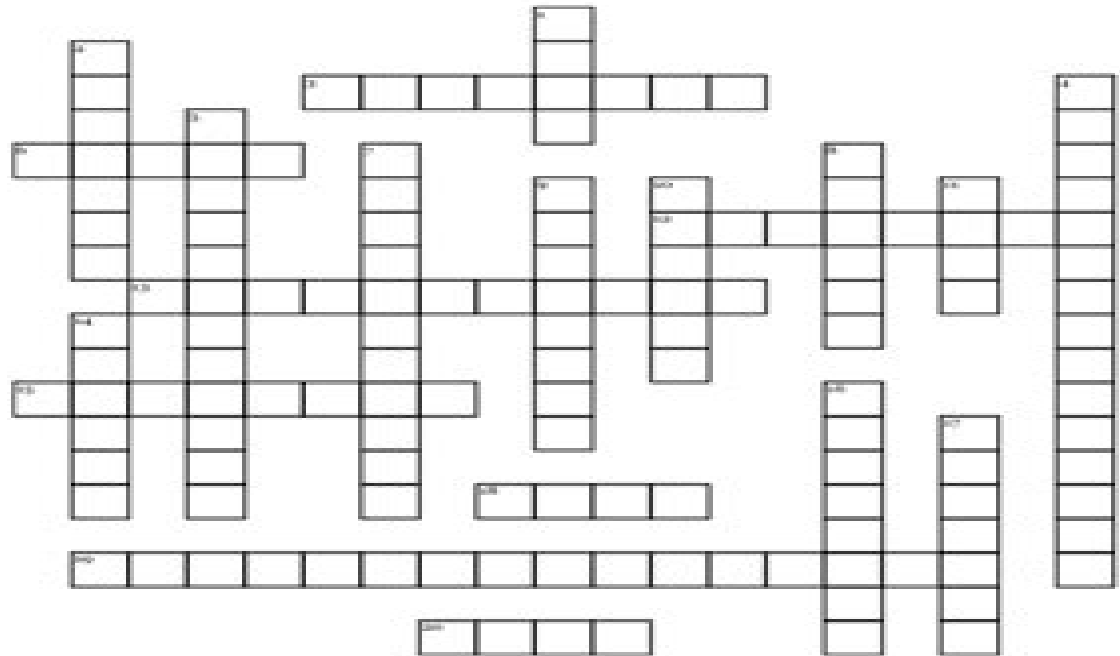
2. Is the ability of a sports performer to quickly and precisely move or change direction without losing their balance is _____

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 _____

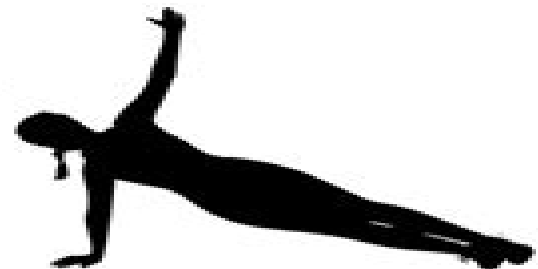
10. Expressing your feelings your feelings in t positive was is an example of _____ health.

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.



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David Kirk



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