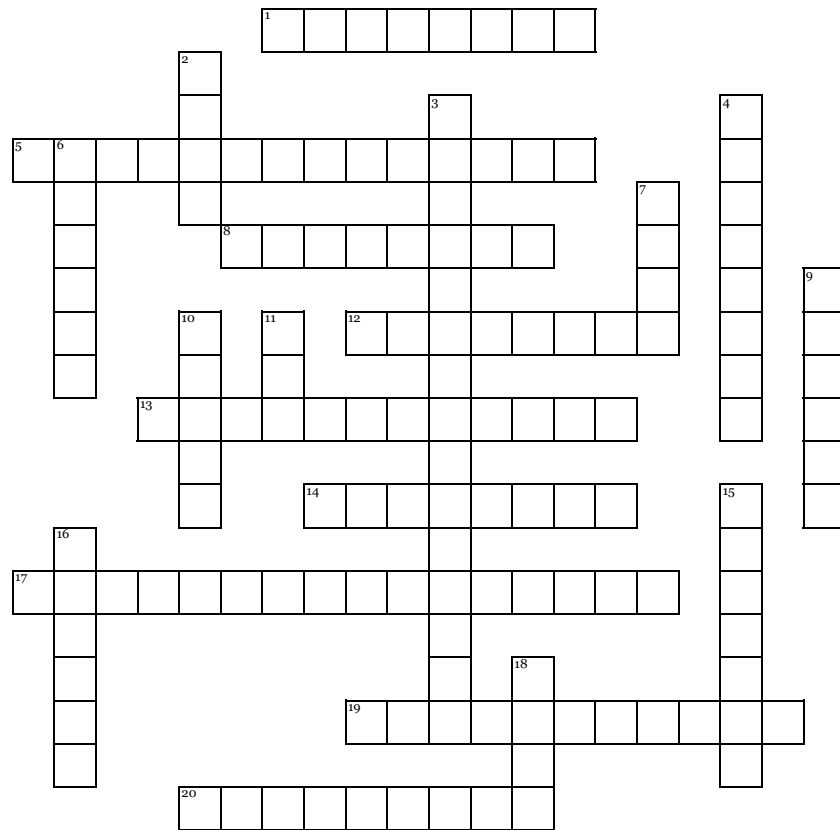


Fitness



Across

1. _____: Gentle exercises that let your body adjust to ending a workout.
5. Anything dealing with the body is _____
8. Keeping your health _____ in complete balance can keep you and your body healthy
12. The 3 phases of an exercise/ work-out program are warm up, _____, and cool down.
13. _____ is when you get along with one another and you interact.
14. To improve your physical health you can _____ eat healthy, and have good hygiene.
17. The highest heart rate an individual can safely achieve through exercise stress is _____.
19. The ability to move joints fully and easily through a full range of motion is _____.
20. Expressing your feelings in positive ways is an example of mental/_____ health.

Down

2. _____ calipers are another way body composition can be measured.
3. Your body should be consistently working at _____ during exercises.
4. Muscular _____: The most weight you can lift or the most force you can exert at one time.
6. A combination of physical, mental/ emotional, and social well- being is _____.
7. _____ composition refers to the ration of body fat to lean body tissue.
9. Listening to music is one example of how to manage _____.
10. The heart's purpose is to keep _____ pumping through your body.
11. Body composition can be measured by a _____ calculator.
15. Training and lifting _____ focuses on muscular strength and endurance.
16. Gentle exercises _____ to prepare your muscles for moderate to vigorous activity.
18. It is recommended that teenagers get _____ hours of sleep.