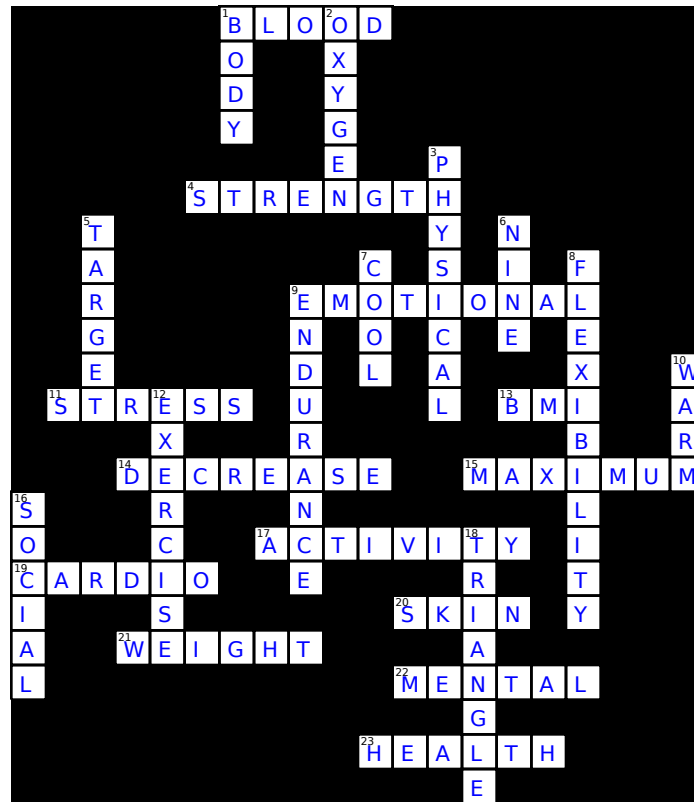


Personal Fitness Crossword



Across

- 1 The heart's purpose is to keep _____ pumping through your body
- 4 Muscular _____: The most weight you can lift or the most force you can exert at one time (One of the 5 components of fitness)
- 9 Expressing your feelings in positive ways is an example of Mental/_____ health
- 11 Listening to music is one example of how to manage _____
- 13 Body composition can be measured by a _____ calculator
- 14 With exercise and regular training, your resting heart rate and maximum heart rate can _____ because your heart has become stronger and more efficient with pumping a greater volume of blood with each beat
- 15 _____ heart rate: The highest heart rate an individual can safely achieve through exercise stress
- 17 The 3 phases of an exercise/work-out program are: Warm up, _____, and Cool down
- 19 _____ vascular endurance: How effectively your heart and lungs work when you exercise and how quickly they return to normal when you stop (One of the 5 components of fitness)
- 20 _____ calipers are another way body composition can be measured
- 21 _____ Training/Lifting focuses on muscular strength and endurance
- 22 _____/Emotional health: Mind, emotions, and stress
- 23 A combination of physical, mental/emotional, and social well-being. Think health triangle

Down

- 1 _____ composition refers to the ratio of body fat to lean body tissue (One of the 5 components of fitness)
- 2 Blood is good because it carries _____ and other chemicals around your body
- 3 _____ health: Anything dealing with the body
- 5 _____ heart rate: What your body should be consistently working at during exercise
- 6 It is recommended that teenagers get _____ hours of sleep
- 7 _____-down: Gentle exercises that let your body adjust to ending a workout
- 8 The ability to move joints fully and easily through a full range of motion (One of the 5 components of fitness)
- 9 Muscular _____: The ability of a muscle to repeatedly exert a force over a prolonged period of time (One of the 5 components of fitness)
- 10 _____-up: Gentle exercises you do to prepare your muscles for moderate to vigorous activity
- 12 To improve your physical health you can _____, eat healthy, and have good hygiene
- 16 _____ health: How we get along with other; interacting
- 18 Keeping your health _____ in complete balance can keep you and your body healthy