



## FITNESS REVIEW CROSSWORD PUZZLE

Name \_\_\_\_\_ Date \_\_\_\_\_

Use these clues to complete the crossword puzzle:

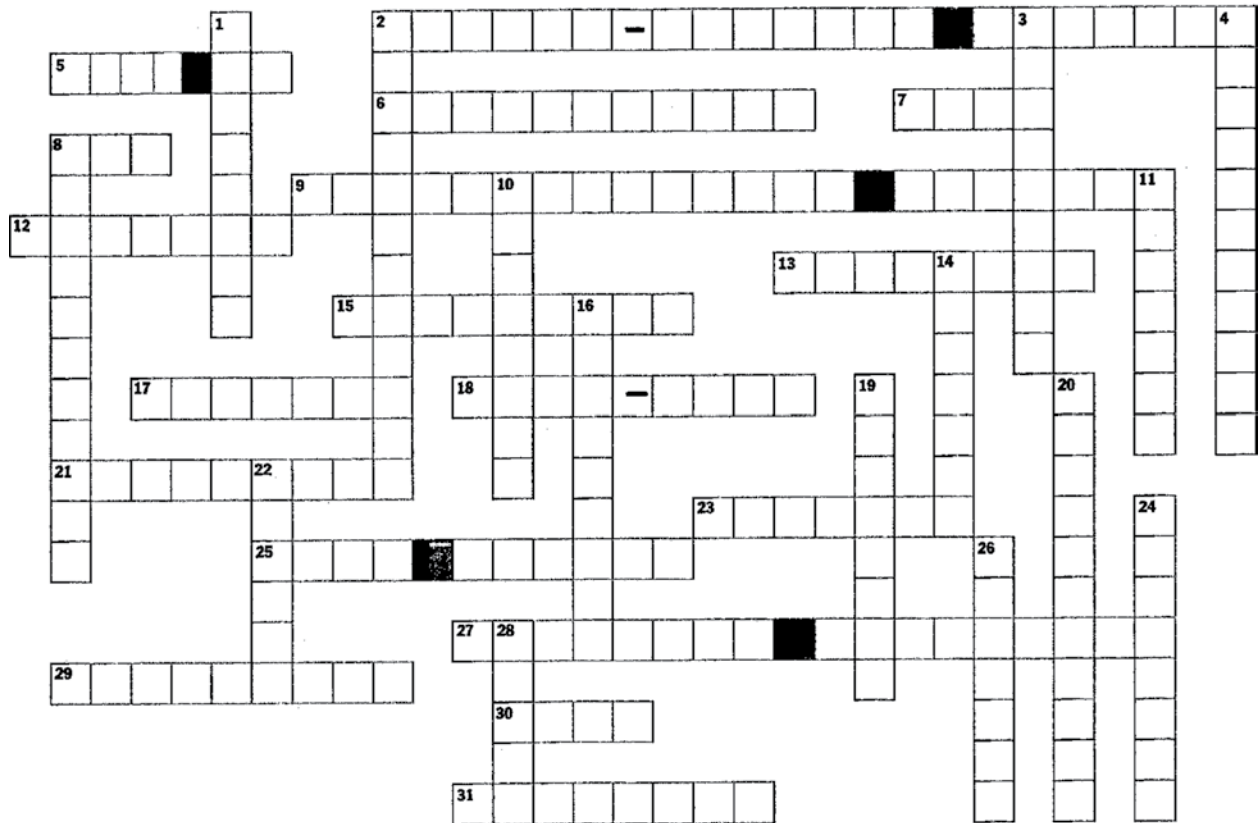
### Across

2. necessary for good health throughout life
5. stretching slowly and holding
6. principle of gradual increase in exercise
7. the best way to lose fat: change both exercise and \_\_\_\_\_
8. formula that gives guidelines for exercise
9. having a healthy heart, blood vessels, and respiratory system
12. exercises that continually supply oxygen
13. exercises in which muscles contract and move body parts
15. exercises in which oxygen is not continually supplied to muscles
17. vigorous part of an exercise program
18. last stage of an exercise program
21. exercise in which muscles contract when working against a stationary object
23. measure of energy in food
25. anything that increases chance of injury or disease
27. ability to use muscles without tiring
29. amount of body fat needed for good health
30. number of consecutive times you repeat an exercise
31. tool for estimating body fat levels

### Down

1. sports that you might continue to do in adulthood
2. condition caused by excessive exercising
3. how hard you exercise
4. principle that describes how to build certain parts of fitness
8. ability to use joints through their full ranges of motion
10. principle that describes how to improve fitness by exercising more than you normally do
11. harmful drug that makes muscles bulky
14. injury that occurs during excessive exercise
16. stretching involving quick, gentle bobbing
19. substance required for growth of cells
20. condition prevented by regular exercise
22. describes ideal weight level
24. amount of force that muscles can produce
26. first stage of an exercise program
28. United States Recommended Daily Allowance

## FITNESS REVIEW CROSSWORD PUZZLE *(continued)*



### Activity 10.2 Fitness Review Crossword Puzzle

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).