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Fitness and Wellness

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| **Across****5.** movement using the large muscles of the body**6.** amount of time it takes to move once you realize the need to act.**9.** ability to use strength quickly**11.** the ability to change the position of one's body quickly and to control one's body movements.**14.** the ability of your body systems to work together efficiently**15.** age related number of beats per minute of the heart when working at its maximum **16.** ability to perform a movement or cover a distance in a short period of time**17.** parts of physical fitness that help a person stay healthy**18.** number of heartbeats during a period of inactivity | **Down****1.** ability to use your muscles many times without tiring**2.** parts of fitness that help a person perform well in sports and activities **3.** ability to exercise your entire body for long periods of time without stopping**4.** percentage of body weight that is made up of body fat **7.** a zone that one is aiming to get while exercising**8.** state of being that enables one to reach his/her fullest potential**10.** ability to keep an upright posture while standing still or moving**12.** ability to use your senses together with your body parts or to use two or more body parts together**13.** ability to use your joints fully through a wide range of motion |

   Physical Fitness        Body Composition       Physical Activity       Flexibility       Wellness       Muscular Endurance       Health-Related Physical Fitness       Cardiovascular Fitness       Skill- Related Physical Fitness       Target heart rate       Agility       Maximum Heart Rate       Balance       Resting Heart Rate       Coordinaiton       Speed       Power       Reaction Time