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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

PHYSICAL FITNESS CROSSWORD PUZZLE

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1  F |  |  |  |  |  |  | 2  C |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3  E |  |  | L |  |  |  |  |  |  | O |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  | E |  |  |  |  |  |  | O |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | E |  |  | X |  |  |  |  |  |  | L |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 4  A | N | A | E | R | O | B | I | C |  |  |  |  |  | D |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | C |  |  | B |  |  |  |  |  |  | O |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | I |  |  | I |  |  |  |  | 5  P |  | W |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 6  M | U | S | C | U | L | A | R | 7  S | T | R | E | N | G | T | H |  |
|  |  |  |  |  |  |  |  |  | 8  P |  |  |  |  |  | E |  |  | T |  |  | E |  | O |  |  |  |  |  | 9  C |
|  |  |  |  |  |  |  |  |  | H |  |  |  |  |  |  |  |  | Y |  |  | D |  | G |  |  |  |  |  | R |
|  |  |  |  |  |  |  |  |  | Y |  |  |  |  |  | 10  H |  |  |  |  |  | E |  | R |  |  |  |  |  | A |
|  |  |  |  |  |  |  | 11  M | U | S | C | U | L | A | R | E | N | D | U | R | A | N | C | E |  | 12  W |  |  |  | M |
|  |  |  |  |  |  |  |  |  | I |  |  |  |  |  | A |  |  |  |  |  | T |  | S |  | O |  |  |  | P |
|  |  |  | 13  A | E | R | O | B | I | C |  |  | 14  W |  |  | T |  |  | 15  F |  |  | A |  | 16  S | P | R | A | I | N | S |
|  |  |  |  |  |  |  |  |  | A |  |  | A |  |  | S |  |  | I |  |  | R |  | I |  | K |  |  |  |  |
|  |  | 17  H |  |  |  |  |  |  | L |  | 18  F | R | O | S | T | B | I | T | E |  | Y |  | O |  | O |  |  |  |  |
|  |  | E |  |  |  |  |  |  | A |  |  | M |  |  | R |  |  | T |  |  |  |  | N |  | U |  |  |  |  |
|  |  | A |  |  |  | 19  P | R | I | C | E |  | U |  |  | O |  |  |  |  |  |  |  |  |  | T |  |  |  |  |
|  |  | T |  |  |  |  |  |  | T |  |  | P |  |  | K |  |  |  |  |  | 20  S |  |  |  |  |  |  |  |  |
| 21  O | V | E | R | E | X | E | R | T | I | O | N |  | 22  S | P | E | C | I | F | I | C | T | Y |  |  |  |  |  |  |  |
|  |  | X |  |  |  |  |  |  | V |  |  |  |  |  |  |  |  |  |  |  | R |  |  |  |  |  |  |  |  |
|  |  | H |  |  | 23  P | H | Y | S | I | C | A | L | F | I | T | N | E | S | S |  | A |  |  |  |  |  |  |  |  |
|  |  | A |  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  |  |  | I |  |  |  |  |  |  |  |  |
|  |  | U |  |  |  |  |  | 24  H | Y | P | O | T | H | E | R | M | I | A |  |  | N |  |  |  |  |  |  |  |  |
|  |  | S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | S |  |  |  |  |  |  |  |  |
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|  |  | 25  O | V | E | R | L | O | A | D |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 26  C | A | R | D | I | O | R | E | S | P | I | R | A | T | O | R | Y | E | N | D | U | R | A | N | C | E |  |

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| **Across**  **4.** PRODUCE ENERGY WITHOUT USING OXYGEN  **6.** AMOUNT OF FORCE YOUR MUSCLES CAN EXERT  **11.** MUSCLES TO PERFORM PHYSICAL TASKS OVER A PERIOD OF TIME  **13.** RHYTHMIC ACTIVITIES  **16.** INJURIES TO THE LIGAMENT AROUND A JOINT  **18.** DAMAGE TO SKIN AND TISSUE IN EXTREME COLD WEATHER  **19.** A PROCESS TO CONTROL SWELLING AFTER AN INJURY  **21.** OVERWORKING THE BODY  **22.** CHOOSING THE RIGHT TYPES OF ACTIVITIES  **23.** ENOUGH ENERGY TO RESPOND TO UNEXPECTED DEMANDS  **24.** LOW BODY TEMPERATURE  **25.** BEYOND YOUR REGULAR DAILY ACTIVITIES  **26.** HEART, LUNGS, AND BLOOD VESSELS | **Down**  **1.** FULL RANGE OF MOTION  **2.** PREPARES YOUR BODY TO RETURN TO A RESTING STATE  **3.** MAINTAINS PHYSICAL FITNESS  **5.** INCREASING DEMANDS ON YOUR BODY  **7.** INVOLVING LITTLE PHYSICAL ACTIVITY  **8.** BODY TO USE ENERGY  **9.** PAINFUL CONTRACTIONS  **10.** DANGEROUS CONDITION IN WHICH THE BODY LOSES THE ABILITY TO COOL ITSELF  **12.** EXERCISING AT YOUR HIGHEST PEAK  **14.** PREPARES THE MUSCLES FOR WORK  **15.** DURATION  **17.** PHYSICAL STRESS ON THE BODY CAUSED BY OVERHEATING  **20.** OVERSTRETCHING AND TEARING A MUSCLE |