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

PHYSICAL FITNESS CROSSWORD PUZZLE

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