

Name: _____

Date: _____

5 Aspects of Health Based Fitness

U V S X D C U J O G G I N G U E M X A A C T L E
H Q J P R S M V N B C L R D H A J R B P G Y K L
J G O U I Y M B O D Y C O M P O S I T I O N R W
I Z L S I F D B C A W L F H C I J L U N G S U B
J Q V H C B L L H T A E R B J S O H R A Q E L O
S Q S U U G U E G F C F G K S P U T I S T M C D
Q P J P G S H Y X W C D N C A M E R B B Q U I Y
U E P S D D M W G I B M V E M M H Y M T G S Z M
A B L H I I I X S Q B X E U H V A T K F V C I A
T J D M K W P G P R K I U Z B X M I I B V U O S
S F V V N G C F E S F T L A P P S B D K T L K S
L L I W E Z N B C C B Z G I E M T X O N S A K I
Q E R I T I P S I O G F Z J T O R B D X S R E N
M D B I Y H V U R U D B L G P Y I H X O E E Y D
O L G N R K Z U T K G Y E K O N N B J Y R N T E
H G Y M N A S T I C S V M N U L G I B B P D R X
X V U D Z D U Y T J I M Z B H S S Y U V H U C I
P N Y X G M K W M R C H O I X D A T H Z C R M F
P D V G N I M M I W S W H C J R W B E F N A M P
P U K O W K X O P N C O C E K G O C A N E N C F
I C C I A Z L Z I V P D U P E R Z N R G B C W J
H T G N E R T S R A L U C S U M V O T H W E M T
E I J S P E C I R D A U Q C O G D K P U U L T E
C A R D I O V A S C U L A R E N D U R A N C E E

cardiovascular endurance
body composition
flexibility
gymnastics
triceps
biceps
lungs

muscular endurance
body mass index
hamstrings
swimming
sit ups
breath
heart

muscular strength
bench press
quadriceps
push ups
jogging
squats