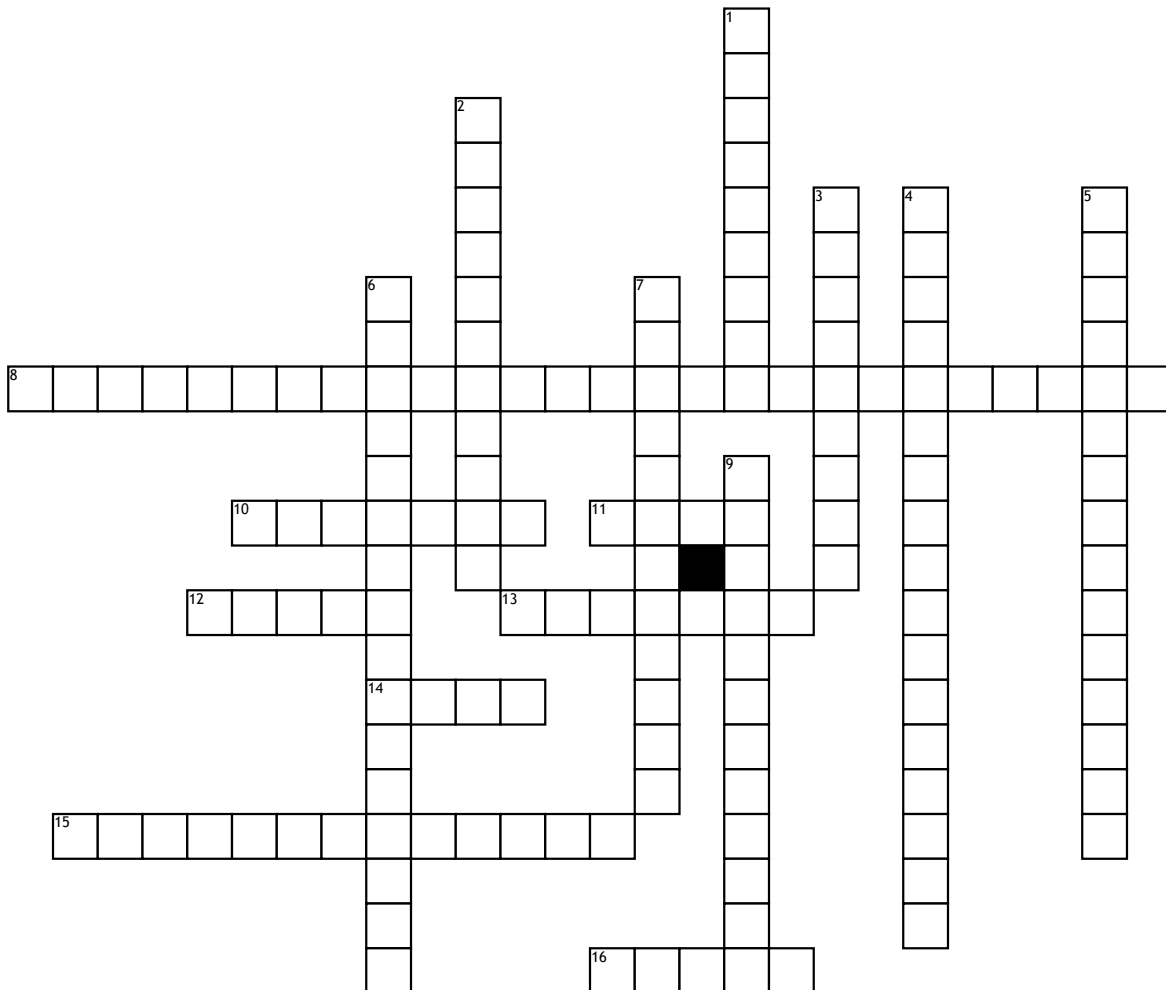


# COMPONENTS OF FITNESS



**Across**

- 8. The body's ability to use oxygen during long periods of activity.
- 10. The ability to change direction and control your body's movement.
- 11. How long you work out at each session.
- 12. The ability to move strength quickly.
- 13. Keeping an upright posture while standing still or moving.

14. Which activities you select.

- 15. Formula in which each letter represents a factor for determining correct amount of physical activity.
- 16. To perform a movement or cover a distance in a short period of time.

**Down**

- 1. How often you do the activity each week.
- 2. Moving joints through a full range of motion.

- 3. How hard you work at the activity per session.
- 4. The ability of the muscles to perform tasks without becoming fatigued.
- 5. All of the tissues that together make up the body.
- 6. The amount of force a muscle can exert.
- 7. To use two or more body parts together.
- 9. Respond quickly to what you hear, see, or feel.