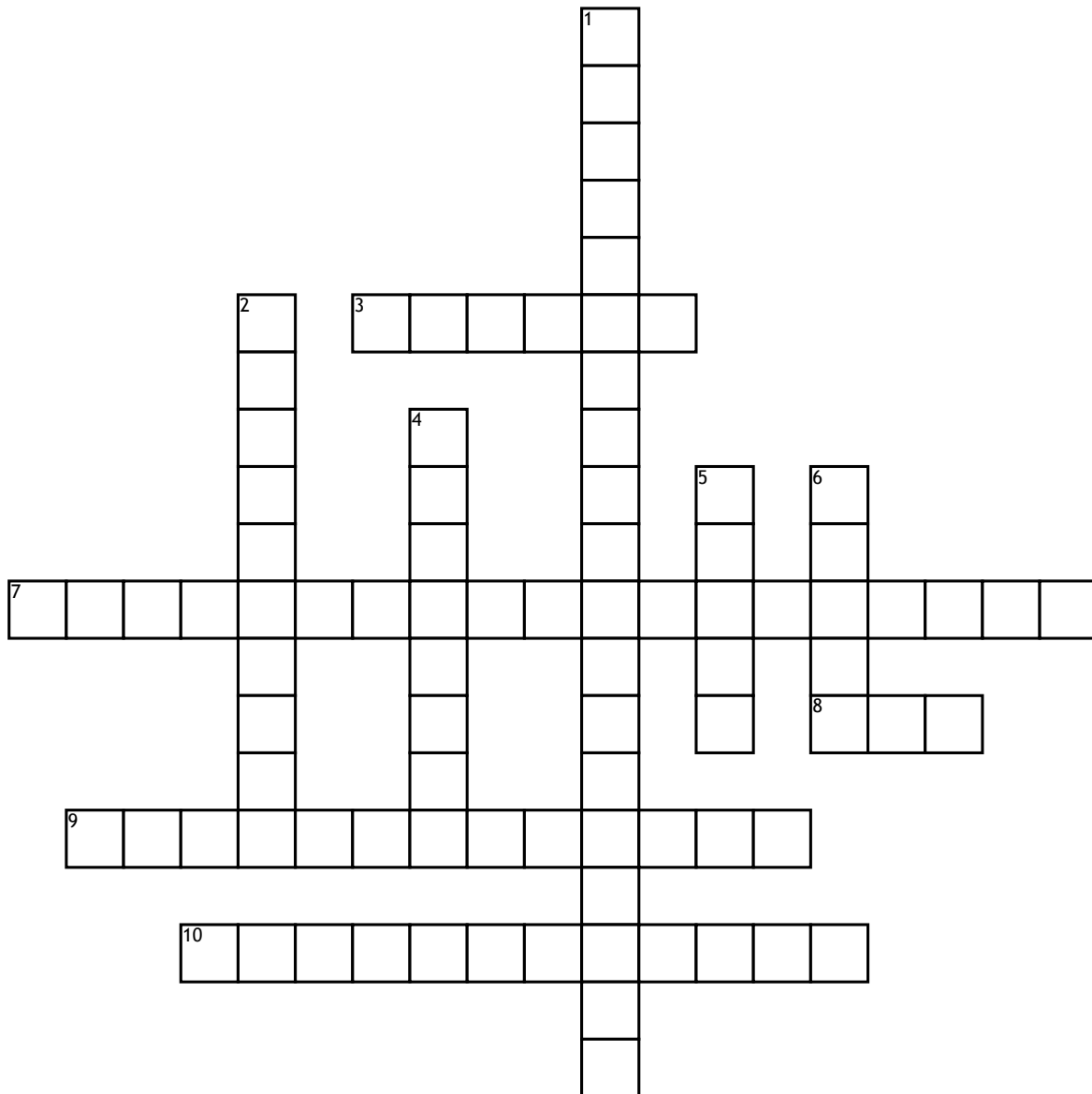


Developing Physical Fitness



Across

- 3. A period of easy physical activity that helps you prepare the muscles for moderate to vigorous activity...
- 7. A description of the physical activities and exercises you will do to maintain and improve your fitness level...
- 8. How many areas are there of physical fitness?
- 9. To perform well in sports and other physical activities, you use agility, balance, coordination, reaction time, speed, and power, which are six...

- 10. The time it takes a person to respond to something noticed by the senses...

Down

- 1. The ability to perform well in sports and other physical activities
- 2. A number of times an exercise is performed
- 4. Identify an exercise used to measure abdominal strength and endurance.
- 5. The ability to move quickly...
- 6. What reach tests the flexibility of the lower back and hamstrings?