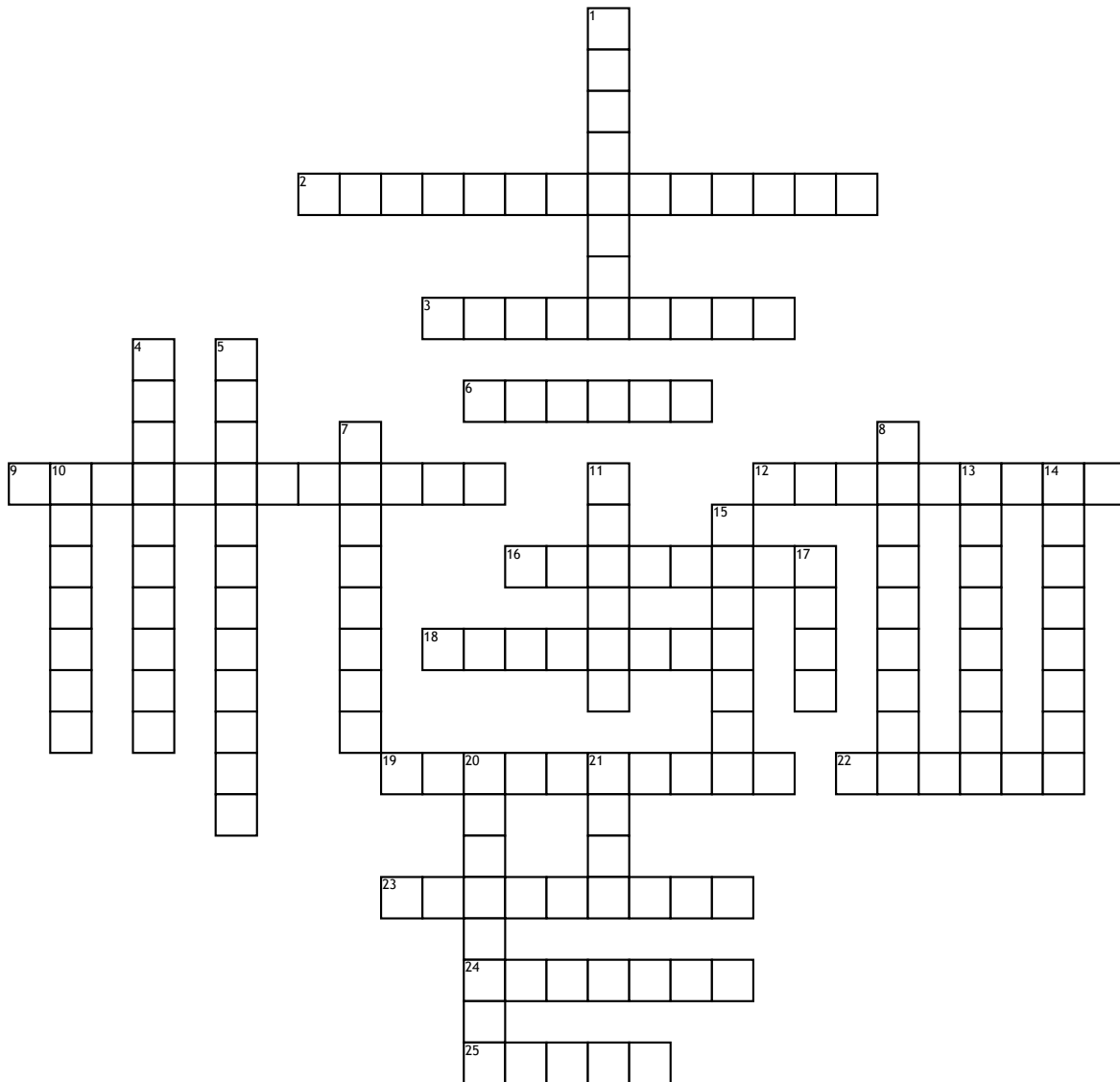


Name: _____

Date: _____

F.I.T.T & S.A.I.D. Crossword



Across

- 2. someone who runs long distances but they do it slower
- 3. how long your body can go during exercise without breaks
- 6. if you want to lose weight do this
- 9. can take less time than a total body workout
- 12. how hard you work
- 16. working hard to achieve a goal
- 18. is our minds controlling and teaching our muscles
- 19. when you lose body fat
- 22. the measurement of how heavy you are
- 23. how often you exercise

24. having more than one same workout that you do can be boring. add more!

25. this determines how intense your workouts should be

Down

- 1. someone who runs short distances but they do it fast
- 4. having the inspiration to do something
- 5. something that takes your heart rate
- 7. body weight exercise is an example of what type of training
- 8. the speed at which your heart is beating

10. a type of training that can help liven up your workout (supersets are an example of this too)

11. your body gets used to the different workouts

13. when you move in the water at a pace and keep yourself afloat

14. is how steady your breath is while talking after you do a workout

15. includes things you do to maintain a healthy body

17. wanting to achieve something. Wanting to build bigger muscle is an example of this

20. a type of training done at high intensity for a short period of time

21. how long you exercise