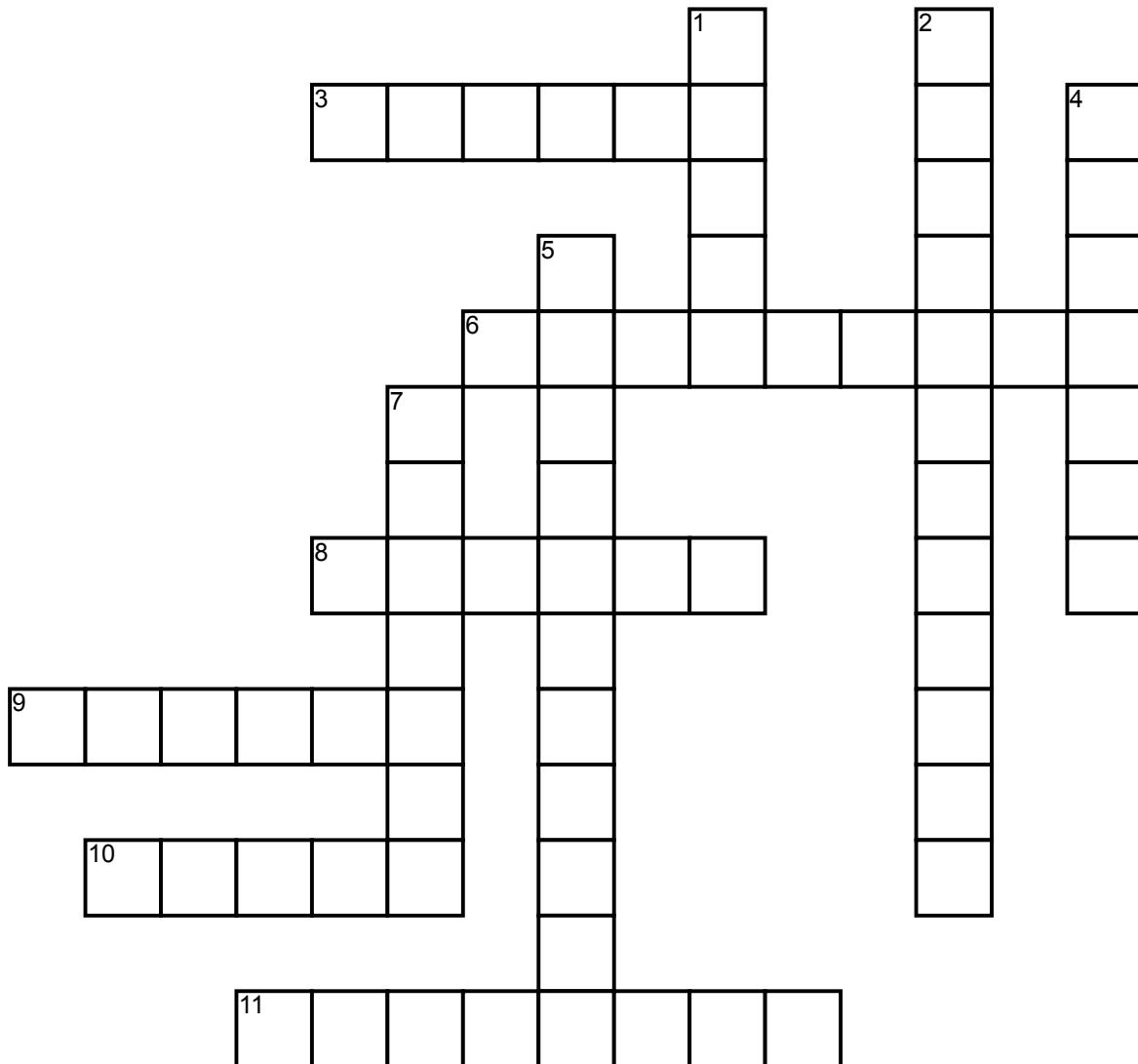


Name: _____

Date: _____

Fitness training effects on heart and breathing



Across

- 3. This is when you breath out
- 6. The area of the heart at the bottom
- 8. The area of the heart at the top
- 9. when you breath in
- 10. The place where deoxygentated blood becomes oxygenated
- 11. what you do to improve your fitness

Down

- 1. this is where the blood is stored
- 2. This is improved by fitness training
- 4. the place where gas exchange happens (known as airsacs)
- 5. The process of oxygen entering and exiting the body (inhaling and exhaling)
- 7. this is what you improve when training