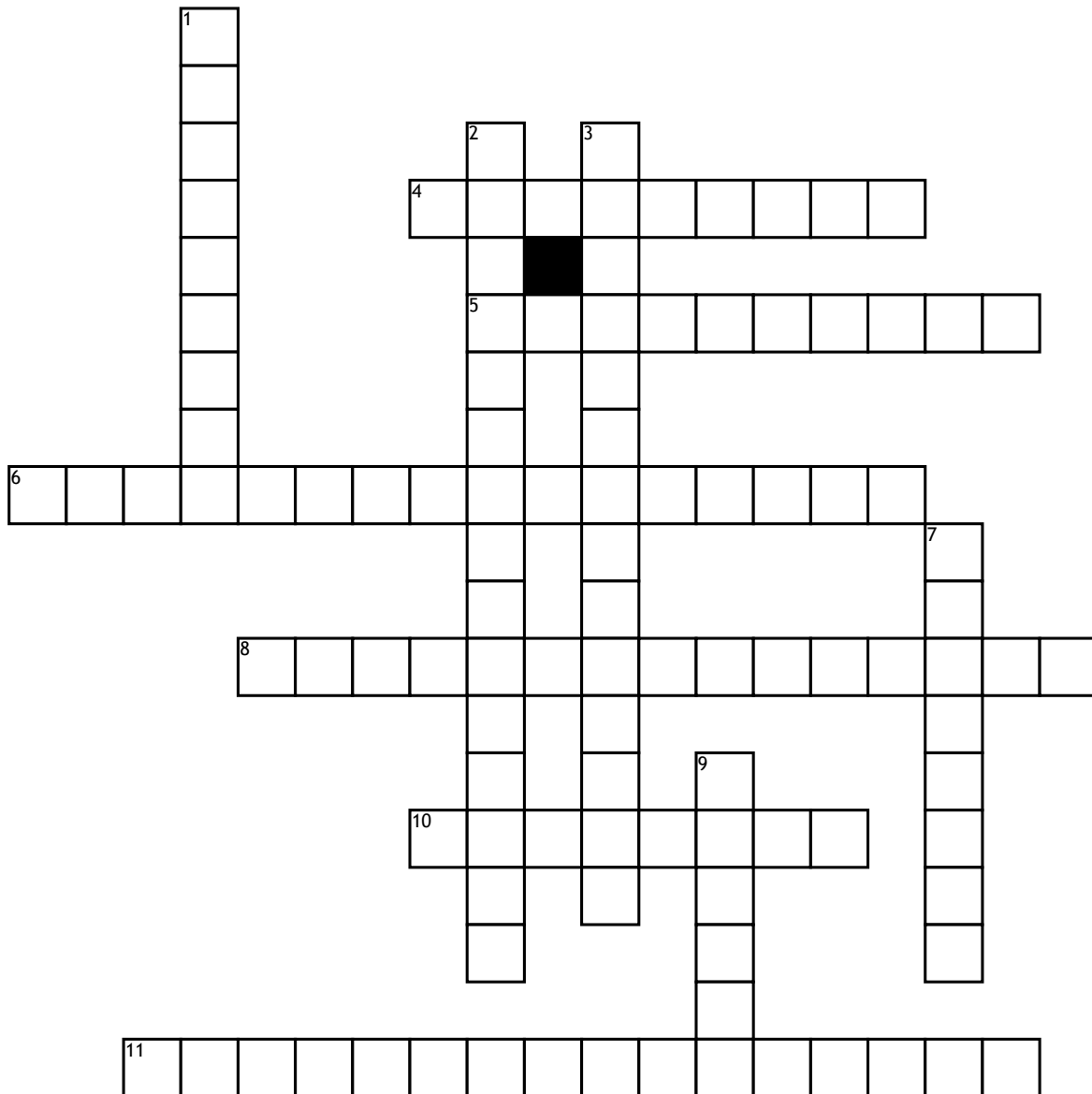


Name: _____

Date: _____

Foundations of Personal Fitness



Across

4. This describes an inactive lifestyle
5. Feelings of self-confidence or personal worth
6. Any movement that works the larger muscles of the body
8. The body's ability to carry out daily tasks and still have enough reserve energy to respond to unexpected demands
10. Total social, physical and mental/emotional health
11. The ability to maintain high levels of health and wellness by reducing your risks of developing health problems

Down

1. Struggles or disagreements with peers
2. Total overall fitness achieved by maintaining acceptable levels of physical activity
3. This drawing shows all all areas of health are co-dependent on each other
7. Any physical activity that is planned, structured and repetitive
9. Combination of physical, mental/emotional and social well-being