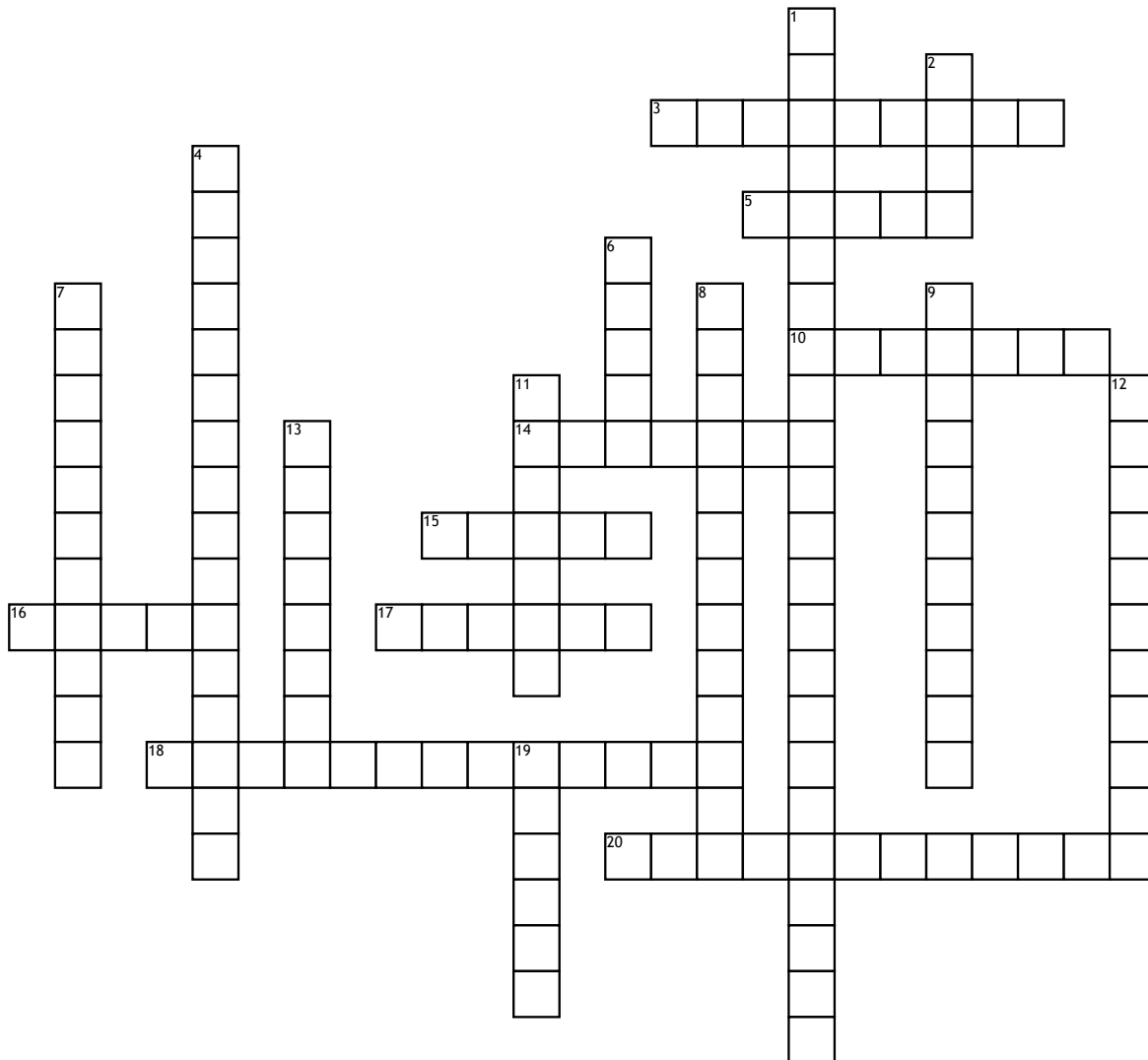


Health and Fitness



Across

3. What two acronyms are used to remember the principles of fitness?
 5. the elbow is an example of which joint?
 10. what A is a component of fitness
 14. exercise using oxygen
 15. this component is needed for 100m race
 16. To exert maximal force in a short time

17. emotional, social and physical describe what?

18. What type of joint is found at the shoulder?

20. What two Rs do muscles need after exercise

Down

1. what component would be the most important to a long distance runner

2. How many principles are fitness are there?

4. what does this sum work out? 220-age

6. Name a long bone

7. making a muscle bigger is called?

8. Largest portion of the Eat Well Plate

9. The sit and reach test measures?

11. the floating bone at the knee is called?

12. Principle of fitness - S?

13. top section of spine

19. the skeleton protects?