

Name: _____ Date: _____ Period: _____

PHYSICAL FITNESS FOR LIFE

O N W N Q J J A S L E E P D E P R I V A T I O N
X E X W H E A L T H R E L A T E D F I T N E S S
E C Z K J T L S Q E N I T E J Y J O G O G W F Q
S N M Q P A D L L A N A B O L I C S T E R O I D
A A A R D R J E W C X T P T B Z F I P X P V F A
E R S E U T N E M E L P P U S Y R A T E I D A X
S U W M F R X P L U U I F L E X I B I L I T Y A
I D C B X A R A Z T A R G E T H E A R T R A T E
D N N U H E E P H Y S I C A L F I T N E S S G T
C E B Q G H P N M G N I N I A R T R E V O V N F
I R O G J G E E L F T N A I P B H I Y W W C M B
N A D O W N T A E M I T N O I T C A E R O E I I
O L Y D Z I I S W S K O V Y I H V J D U T R S N
R U C F D T T Z H N S M T G T T O U W F Y T V S
H C O L Q S I C E L K A S F C I E T I L I G A O
C S M M Y E O A B B T X U V I W L B S U Z T D M
H A P R D R N Q V A E A J T A O U I Y R D V T N
C V O O Q J S Y R L S X S I F A Y R G R Z A K I
N O S M U S C U L A R S T R E N G T H A X O F A
U I I C Z F J L Y N E R H P R N F K V C V I F S
Y D T H I X H G K C H U O A Y G Z S F N U H L O
X R I U T O P N V E N W K F D E E P S K D L Q M
S A O V P Y M X O G E Y N O I T A R D Y H E D A
N C N U N Y C Y S R N V N O M B Z R A X J Z Q E

CARDIOVASCULAR ENDURANCE

RESTING HEART RATE

TARGET HEART RATE

PHYSICAL FITNESS

OVERTRAINING

DEHYDRATION

BALANCE

SPEED

HEALTH RELATED FITNESS

MUSCULAR STRENGTH

BODY COMPOSITION

CHRONIC DISEASE

FLEXIBILITY

REPETITIONS

AGILITY

FITT

DIETARY SUPPLEMENT

SLEEP DEPRIVATION

ANABOLIC STEROID

REACTION TIME

SLEEP APNEA

INSOMNIA

POWER

SET