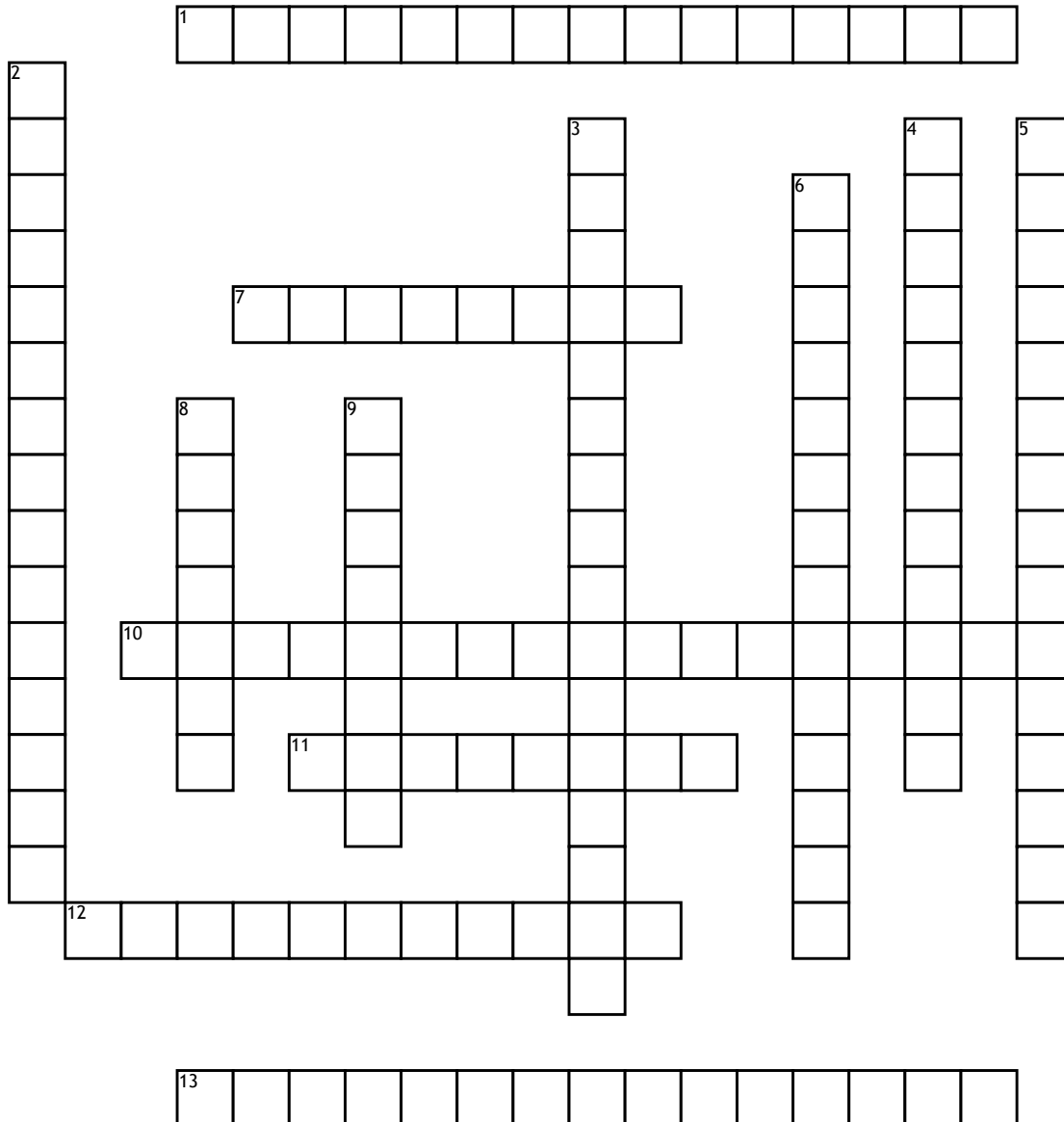


Physical Activity



Across

1. The ability to handle the physical demands of everyday life without becoming overly tired

7. planned physical activity done regularly to build or maintain one's fitness

10. intense physical activity that requires little oxygen but uses short burst of energy

11. The passing of traits from parents to their children

12. The ability of your body's joints to move easily through a full range of motion

13. a measure of a muscle's ability to repeatedly exert a force over a prolonged period of time

Down

2. the ratio of body fat to lean body tissue, such as bone, muscle and fluid

3. Any form of bodily movement that uses up energy

4. Smooth and effective working together of your muscles and bones

5. Rhythmic, nonstop, moderate to vigorous activity that requires large amounts of oxygen

6. a measure of the most weight you can lift or the force you can exert at one time

8. The feeling of control and stability over your body

9. Units of heat that measure the energy available in foods