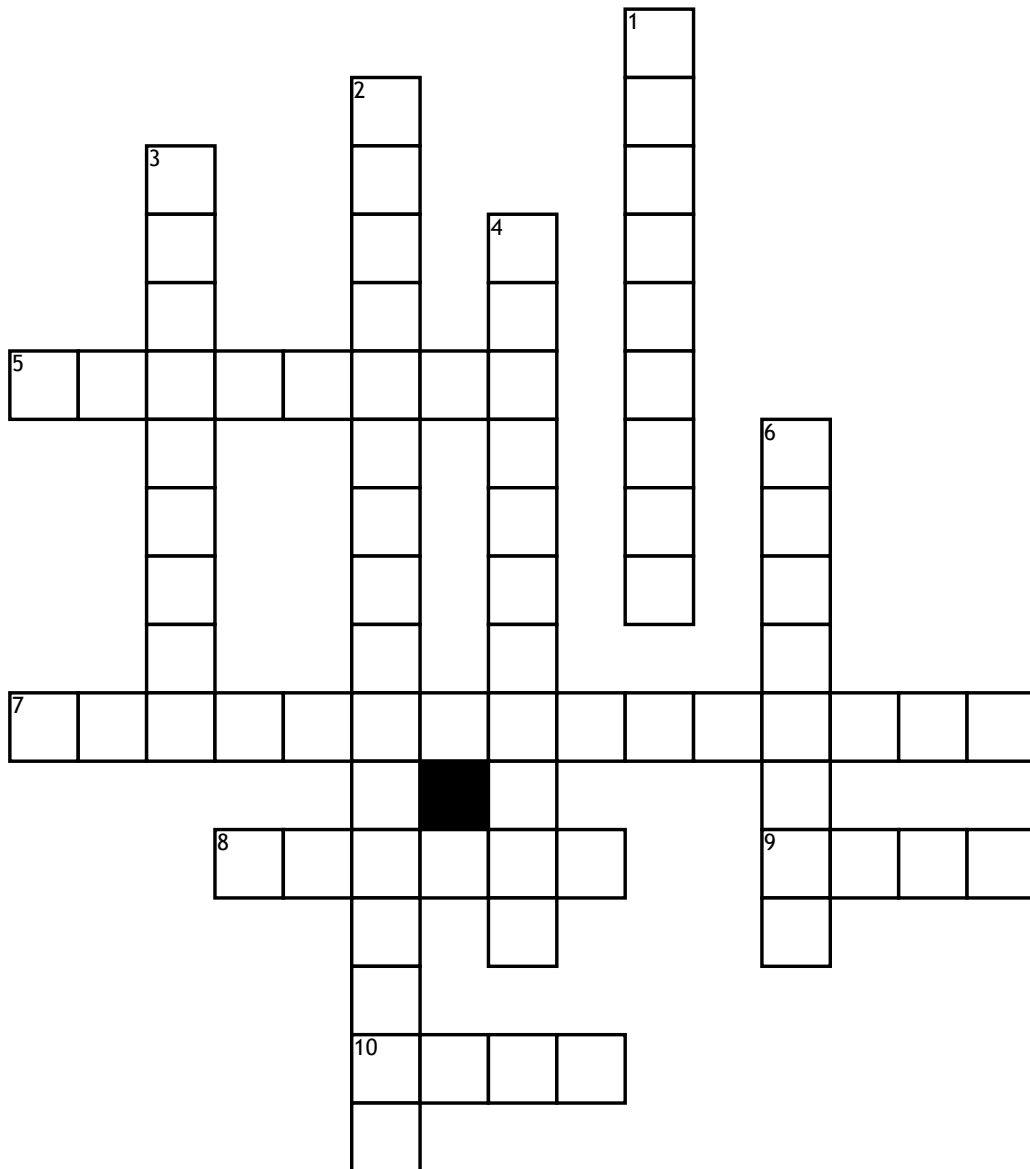


Name: _____

Date: _____

Physical Activity



Across

5. Planned physical Activity done regularly to build or maintain one's fitness
7. The ability to handle the physical demands of everyday life without becoming overly tired
8. The place where two or more bones meet
9. Part of the FITT principle; what kind you work your muscles
10. Part of the FITT principle; how long you work your muscles

Down

1. Part of the FITT principle; how often you work your muscles
2. Any form of bodily movement that uses up energy
3. Part of the FITT principle; how hard you work your muscles
4. The ability to move joints fully and easily through a full range of motion.
6. The ability of your muscles to use force