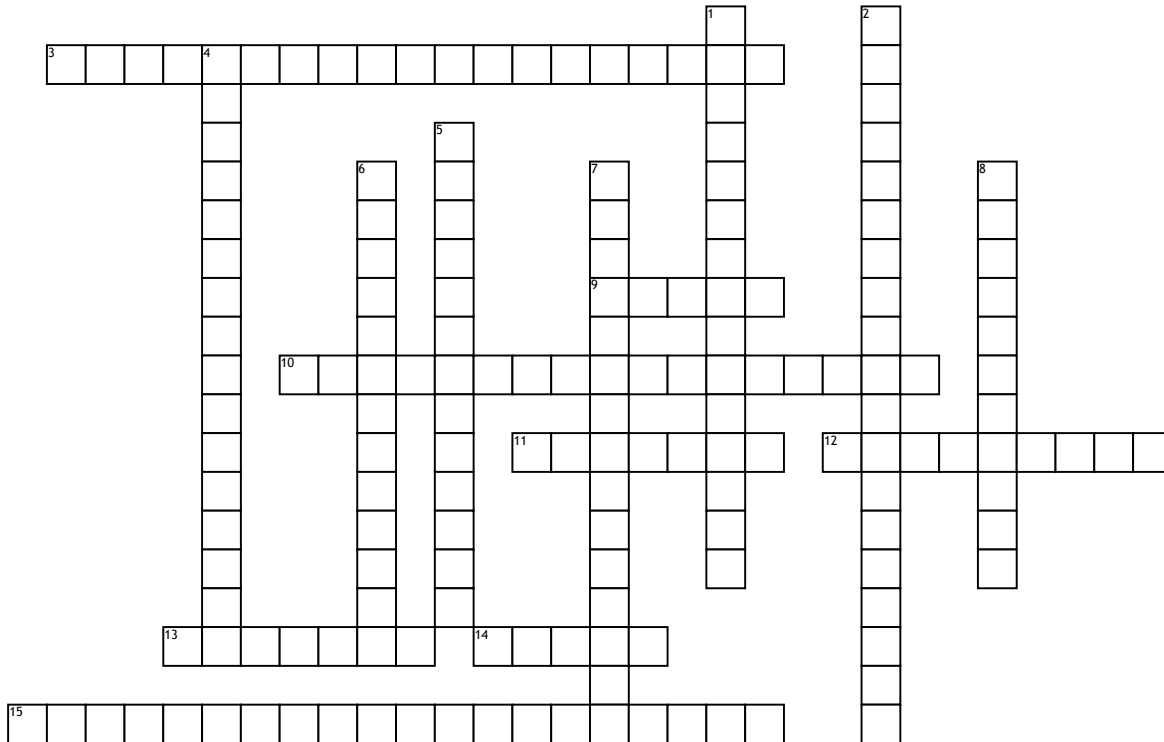


Physical Activity & Fitness



Across

3. exercises in which a force acts against muscles.
 9. the ability to move quickly
 10. exercise in which the body's demand for oxygen is greater than what is available during exertion
 11. the ability to keep from falling when moving.
 12. A painful inflammation of the joints
 13. the ability to rapidly change the position of the body.

14. the ability to combine strength & speed
 15. The measure of the changes in blood pressure during the day

Down

1. exercise in which large amounts of oxygen are required continually for an extended period of time
 2. rapidly stretching the muscle with a bouncing movement.
 4. stretching the muscle to a point where a pull is felt and holding the stretch for 15-30 seconds
 5. The force of blood against the artery walls.
 6. the amount of blood pumped by the heart each minute.
 7. ability to perform physical activities and to meet demands of daily living
 8. reduction in the body temperature so that it is lower than normal, exposure to cold temperatures.