

Name: _____

Date: _____

Period: _____

Physical Activity and Fitness



muscular endurance

cardiorespiratory

muscular strength

physical activity

physical fitness

overexertion

flexibility

hypothermia

progression

specificity

cool-down

endurance

frostbite

sedentary

exercise

overload

sprains

strains

warm-up

workout

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