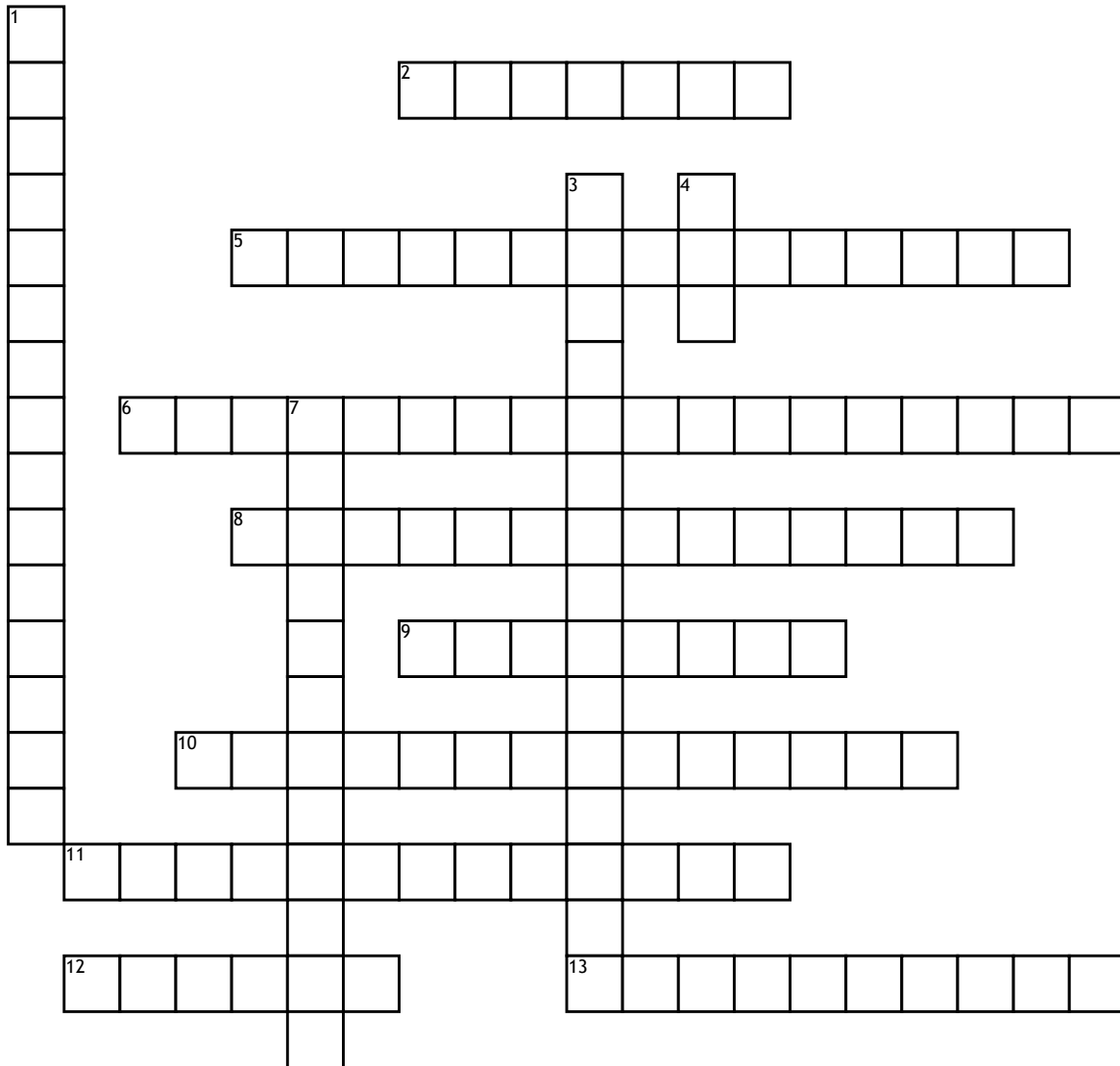


# Vigorous Physical Activity



## Across

2. most activities can be considered this  
 5. Require fewer people and easier to continue throughout your life  
 6. Activities that are fun and typically not competitive  
 8. Elevate your heart rate above the threshold level and into the target zone for cardiorespiratory endurance

9. Considered to be a very vigorous activity require considerable skill to perform well and safely  
 10. doing so much exercising that you increase your risk of injury or soreness  
 11. Activity involves doing calisthenics or dance steps in a swimming pool  
 12. This activity can be done outdoors and either independently or in a group  
 13. List of physical activity that tells you the intensity of various activities

## Down

1. Performing several different exercises one after another  
 3. Activities that are intense enough to elevate your heart rate above threshold of training and target zone  
 4. This count increases as activity becomes more vigorous  
 7. activity includes: walking, jogging, and skilled map reading