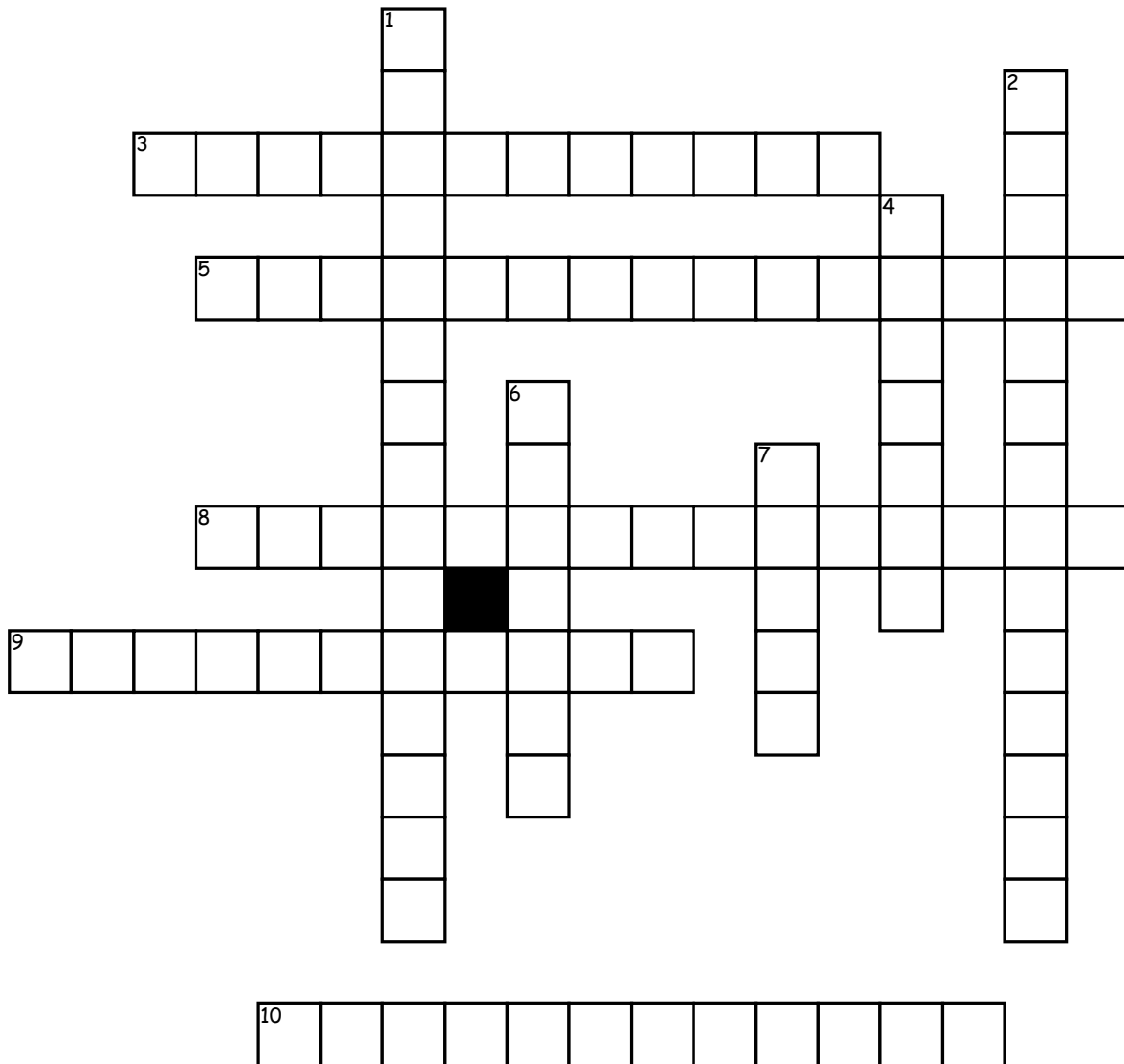


# components of fitness



## Across

3. The ability to organize body movements together smoothly and efficiently.
5. The ability of your muscles to perform a task over and over again.
8. The ability of your heart and lungs to move and use oxygen to working muscles.
9. The ability of your muscles and joints to move through their complete range of motion.
10. The ability to respond to a cue or stimulus quickly.

## Down

1. The ratio of your muscle, bone and tissue weight to fat weight.
2. The ability of your muscles to move, lift, or resist a workload or weight.
4. The ability to stay upright while standing still or moving.
6. The ability to move quickly and change direction without losing balance.
7. The ability to cover a distance in a short time.