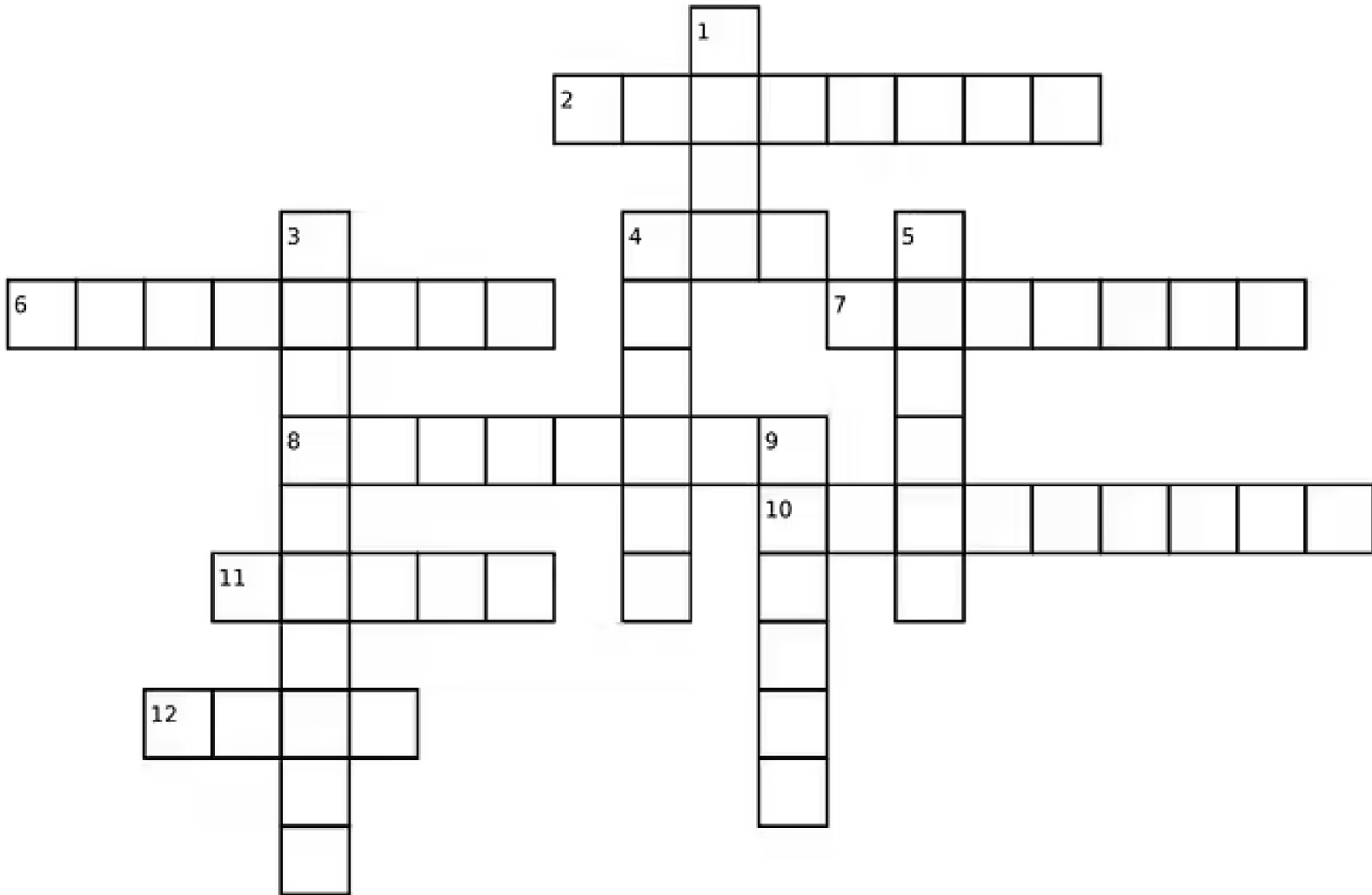


# Living Healthy



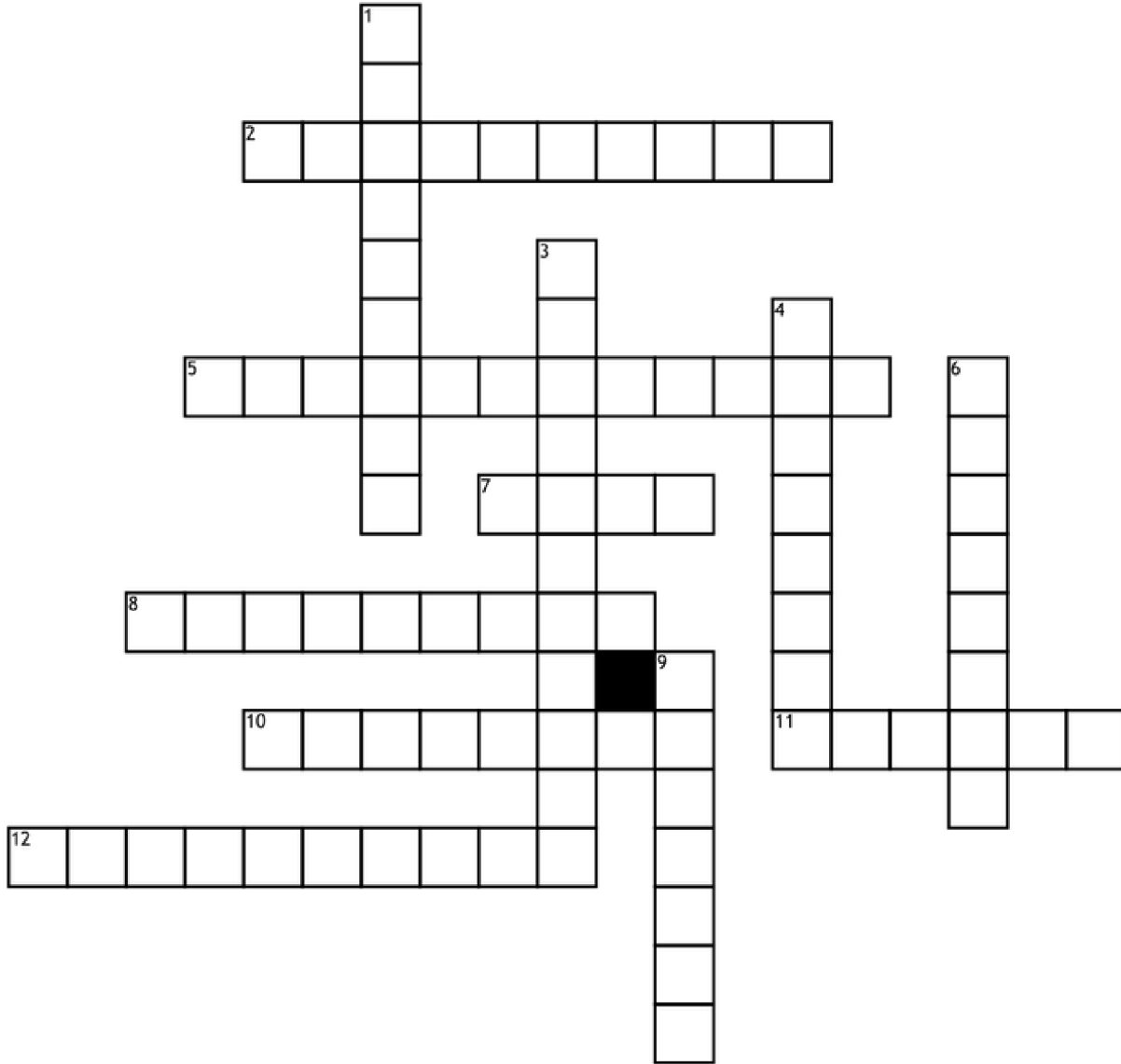
**Down:**

1. To have fun
3. Peas & Carrots
4. Oatmeal & wheat
5. Apples & Bananas
9. you become speedy when you have a lot of this

**Across:**

2. Burn these when you work out
4. A place you go to work out
6. Being active in sports
7. put it in a milkshake
8. Movements that make your muscles work
10. Eating a healthy and balanced diet
11. H2O Keeps you hydrated
12. Drink this to become big and strong

# Physical Fitness



**Across**

- 2. This type of exercise exerts resistance against a muscle as it moves through a motion at a steady rate
- 5. Over working the body
- 7. There are how many elements of fitness?
- 8. This type of exercise is intense, has short bursts of activity working your muscles so hard they produce energy without oxygen

- 10. Physical activity that is planned, structured, and repetitive
- 11. Overstretching and tearing a muscle
- 12. Means working out on a regular basis

**Down**

- 1. Uses muscle tension to improve strength with little or no movement of the body parts

- 3. The ability to move your body parts through their full range of motion
- 4. The letter "C" in the acronym P.R.I.C.E stands for?
- 6. Exercising at a level that's beyond your regular daily activities
- 9. This type of exercise involves rhythmic activities that use large muscle groups for an extended period of time.