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Reinforcement

FITNESS AND WELLNESS CROSSWORD PUZZLE

Use these clues to complete the crossword puzzle below.

Across

3. ability to exercise the entire body for long periods of time
5. physical activity done for the purpose of getting fit
6. ability to perform a movement or to cover a distance in a short time period
7. percentage of body weight that is fat when compared to other tissue
9. five parts of physical fitness that help you stay healthy
12. health problem caused partly by lack of exercise
13. ability to keep an upright posture while standing still or moving
14. ability of body systems to work together efficiently
15. six parts of fitness that help you perform well in sports and other activities

17. state of being that includes physical, intellectual, social, emotional, and spiritual health
18. amount of time you take to move once you realize the need to move

Down

1. ability to use senses together with body parts
2. ability to use joints through a wide range of motion
4. ability to change body positions quickly and to control body movements
6. ability of muscle to apply force
8. ability to use muscles many times without tiring
10. free answer: TOTAL FITNESS
11. ability to use strength quickly
16. state of optimal physical, mental, and social well-being

