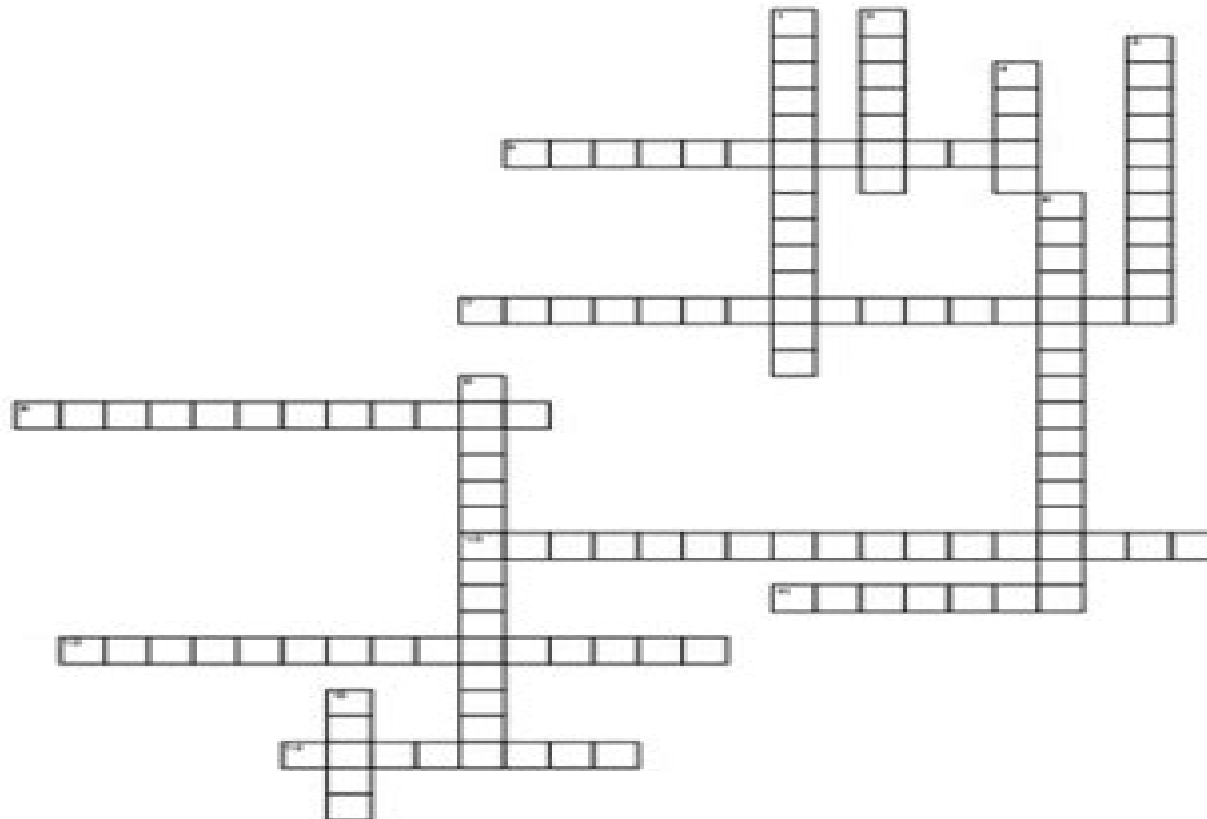


Fitness and Wellness



Across

- [5] Amount of time it takes to move once you realize the need to act.
- [7] Movement using the large muscles of the body
- [9] Ability to use your senses together with your body parts or to use two or more body parts together
- [10] Ability to use your muscles many times without tiring
- [11] Ability to keep an upright posture while standing still or moving
- [12] The ability of your body systems to work together efficiently
- [14] State of being that enables one to reach his/her fullest potential

Down

- [1] _____ FITNESS - Ability to exercise your entire body for long periods of time without stopping
- [2] The ability to change the position of one's body quickly and to control one's body movements.
- [3] Ability to use your joints fully through a wide range of motion
- [4] Ability to use strength quickly
- [6] Number of heartbeats during a period of inactivity
- [8] Percentage of body weight that is made up of body fat
- [13] Ability to perform a movement or cover a distance in a short period of time

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**Gwen Robbins,Debbie Powers,Sharon
Burgess**



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