



Across

- 3) Maximum force that a muscle can produce. (Split Jacks) [MUSCULARSTRENGTH]
- 6) Sweet, edible parts of trees and plants. (Jumping Jacks) [FRUIT]
- 7) Foods, primarily made from milk products, that provide a significant source of calcium. (Half Jacks) [DAIRY]
- 9) The ability of the body to take in, transport, and use oxygen during physical activity. (Jumping Jacks) [AEROBICCAPACITY]
- 10) Edible parts of plants which can include roots, leaves, and flowers. (Side Jacks) [VEGETABLES]
- 11) The ability to move muscles and bones through the range of motion created by skeletal joints. (Seal Jacks) [FLEXIBILITY]
- 12) Foods that provide a significant source of protein such as meat, beans, eggs, soy, nuts, and some seeds. (Seal Jacks) [PROTEIN]
- 14) The duration of a single session of physical activity. (Twist Jacks) [TIME]

Down

- 1) Four elements needed for a comprehensive fitness plan. (Twist Jacks) [FITT]
- 2) The rate that something is repeated over time. How often it happens. (Half Jacks) [FREQUENCY]
- 3) The ability of a muscle to continue to perform without fatigue. (Plank Jacks) [MUSCULARENDURACNCE]
- 4) A colorless, transparent liquid that forms the basis of the fluids that are required for life. (March Jacks) [WATER]
- 5) The ratio of lean tissue to fat tissue in the body. (Side Jacks) [BODYCOMPOSITION]
- 8) The amount of sustained effort used during physical activity. (March Jacks) [INTENSITY]
- 13) The activity category associated with an activity (aerobic, strength, flexibility, mindfulness). (Split Jacks) [TYPE]