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, 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) [MUSCULARENDURANCE]
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]