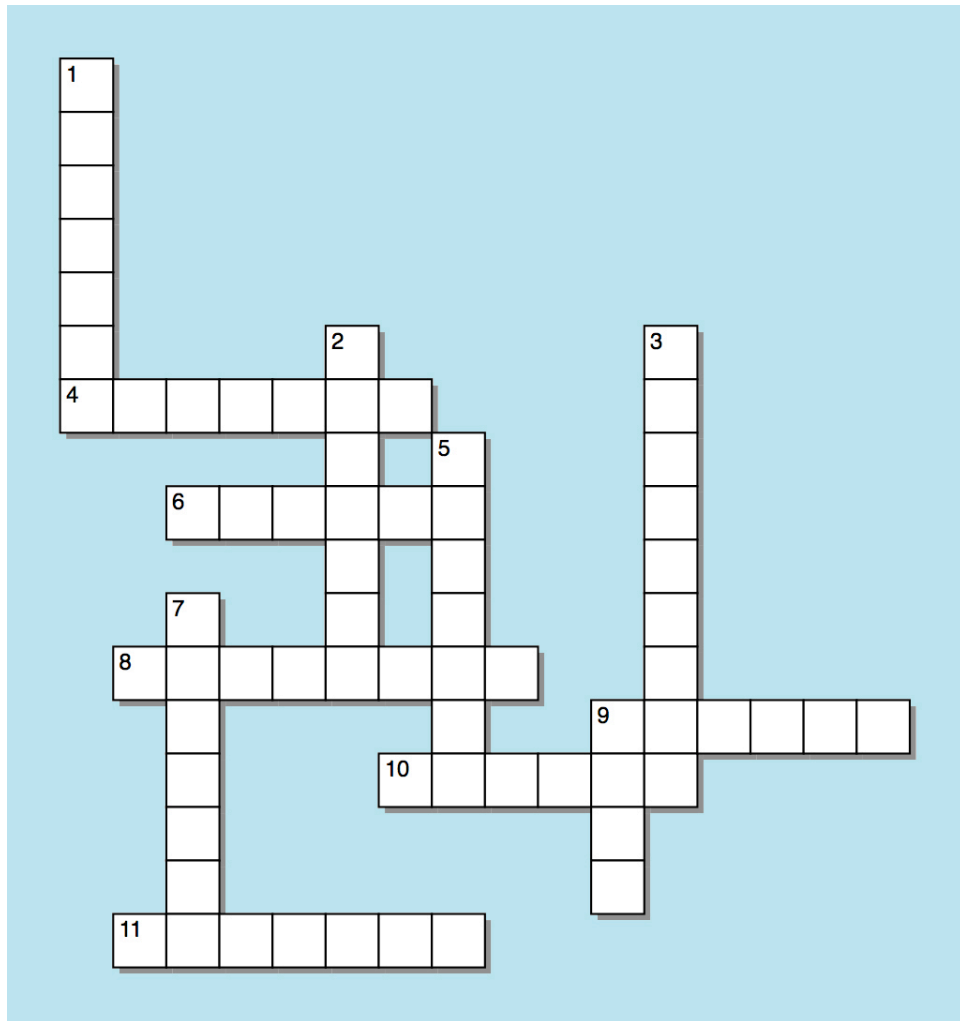


CROSSWORD

PERSONAL FITNESS PLAN

Name: _____ Date: _____



ACROSS

- 4. Your fitness goals should push you past this zone
- 6. This person can tell you if your exercise plan is right for you
- 8. Training that builds muscle
- 9. Cross-training keeps exercise from becoming this
- 10. A connective tissue
- 11. The simplest and most available exercise

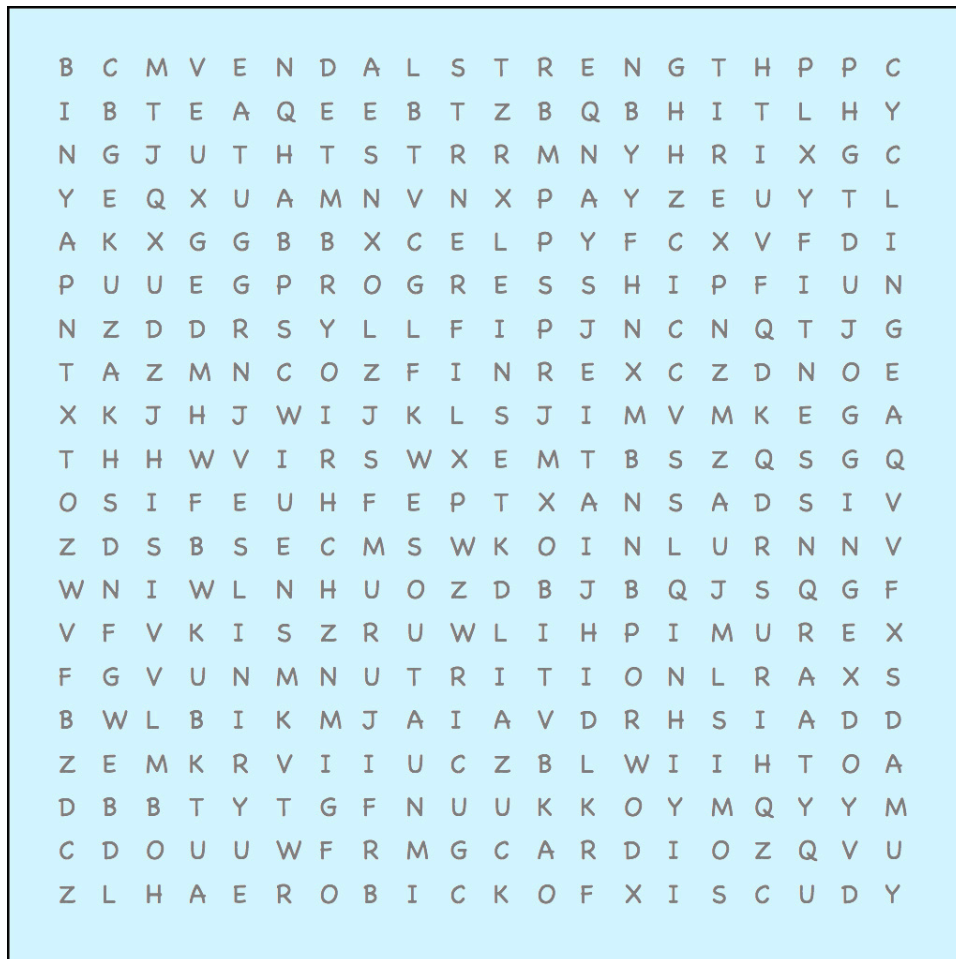
DOWN

- 1. A type of exercise that benefits the heart
- 2. Choose lean sources of this
- 3. A part of any good fitness plan
- 5. Workout clothing should do this
- 7. Increase your pace as this improves
- 9. Don't push yourself too hard, listen to your _____

WORD SEARCH**PERSONAL FITNESS PLAN**

Name: _____

Date: _____



Find these words in the above puzzle. Circle the words.

CARDIO

FLEXIBILITY

STRENGTH

PROGRESS

AEROBIC

METABOLISM

NUTRITION

CYCLING

FITNESS

SWIMMING

JOGGING

EXERCISE

WORD SCRAMBLE**PERSONAL FITNESS PLAN**

Name: _____ Date: _____

ABNLEIES _____

ILYILBFXIET _____

LPUSE _____

TSSEP _____

LYGICCN _____

STEHTCR _____

IRNTTIUNO _____

NNORIGTIOM _____

UMLSEC _____

EHLAHT _____