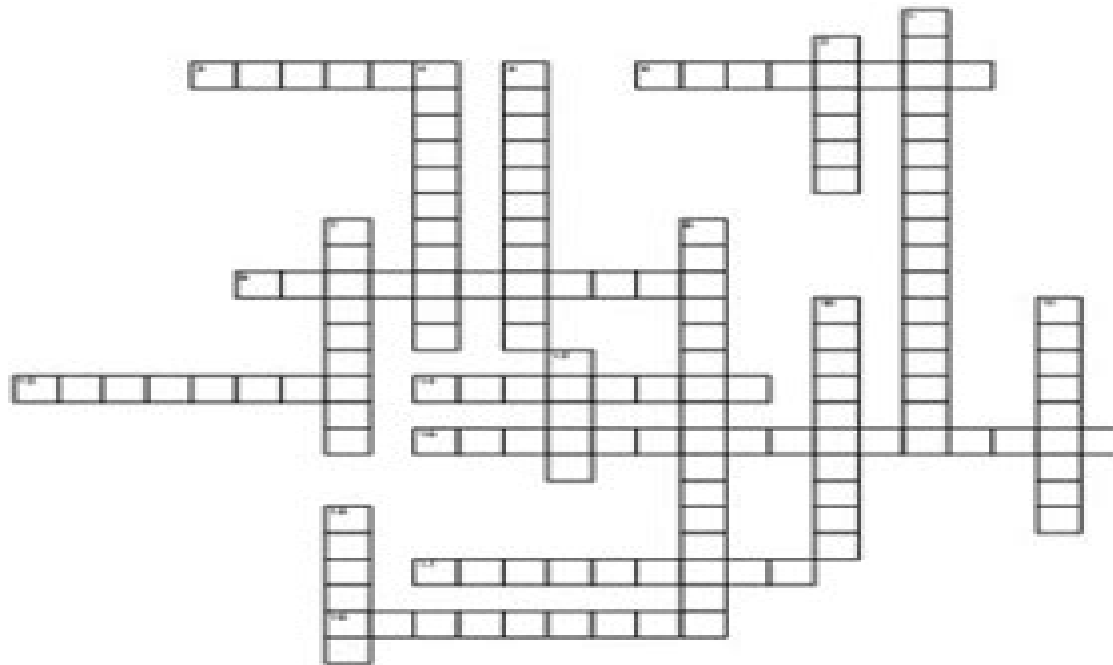


Physical Activity



Across

- [3] Gentle cardiovascular activity that prepares the muscles for work.
- [6] A test you can do to measure cardio respiratory endurance
- [9] The ability to move your body parts through their full range of motion.
- [13] Low-level activity that prepares your body to return to a resting state.
- [14] Exercising at a level that's beyond your regular daily activities.
- [15] The amount of force your muscles can exert
- [17] A risk of physical activity in the cold weather that damages the skin and tissues caused by extreme cold.
- [18] "T" in the F.I.T.T. formula.

Down

- [1] The ability of your muscles to perform physical tasks over a period of time without tiring
- [2] Overstretching and tearing a muscle.
- [4] Gradually increasing the demands on your body
- [5] Choosing the right types of activities to improve a given element of fitness.
- [7] "F" in F.I.T.T. formula
- [8] Any form of movement that causes your body to use energy
- [10] A dangerous condition in which the body loses its ability to cool itself through perspiration.
- [11] Involving little physical activity.
- [12] Acronym used to help remember how to treat an injury.
- [16] Injuries to the ligaments around a joint that produces pain, swelling, and stiffness.

Physical Activity Crossword Puzzle Reinforcement 3

Answer

Yan Bai



Physical Activity Crossword Puzzle Reinforcement 3 Answer:

Decoding **Physical Activity Crossword Puzzle Reinforcement 3 Answer**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Physical Activity Crossword Puzzle Reinforcement 3 Answer**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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