

## Chapter 4 - Fitness and Exercise

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Exercise / Mr. Handford

Y	A	J	W	V	H	E	N	B	O	O	T	J	R	V	O
P	N	B	E	M	E	F	I	T	E	T	A	M	I	N	A
Q	A	N	I	A	E	R	O	B	I	C	P	H	Q	K	T
K	E	I	O	H	P	F	F	V	O	H	L	O	V	H	R
C	R	L	H	P	U	A	I	F	E	L	E	E	P	N	O
E	O	B	T	V	I	T	P	F	E	S	W	A	K	L	P
L	B	M	B	B	C	A	R	O	I	O	T	V	L	B	H
I	I	O	P	A	T	A	L	C	E	T	K	B	T	T	V
I	C	C	A	O	L	R	R	T	O	T	R	F	O	A	H
R	O	V	X	U	B	E	E	B	A	Y	W	E	I	N	N
A	F	R	C	L	R	I	B	N	R	V	K	E	E	B	O
H	Z	B	E	E	Z	W	T	V	O	H	Z	L	V	B	B
F	U	X	C	X	L	V	U	I	M	T	Y	I	T	J	H
M	O	J	M	E	V	O	D	O	O	V	H	N	K	O	A
K	C	Y	B	C	W	T	H	U	W	N	P	O	P	U	Z
S	T	S	B	A	Z	L	M	E	H	P	H	O	L	B	U

exercise  
stamina  
fitness  
body

feeling  
fat  
atrophy  
composition

benefits  
weight  
cardio

activity  
rest  
aerobic

strong  
sleep  
anaerobic

strength  
health  
muscular