

**PHYSICAL FITNESS  
WORD SEARCH #1**

Name \_\_\_\_\_  
Date \_\_\_\_\_ Period \_\_\_\_ # \_\_\_\_\_

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

**Physical fitness** is good overall body condition that gives you the ability to do daily activities with vigor and energy.

**Pulse** is the expansion and contraction of your arteries as your heart pumps blood through them.

**Target Heart Rate** (3 separate words) is the heart rate you should reach when you exercise or participate in vigorous activity.

**Warm-up** is slowly increasing your workout level to prepare your muscles for exercise.

**Cool-down** is slowly reducing your workout level after exercise.

**Aerobic** exercise is brisk physical activity that requires the heart and lungs to work harder to meet the body's increased oxygen demand. Aerobic exercise promotes the circulation of oxygen through the blood.

**Anaerobic** exercise means working out at such intensity that the body cannot deliver the required levels of oxygen to the working muscles.

**Frequency** is how often you exercise.

**Intensity** is how hard you exercise.

**Time** is how long you do something.

**Type** is the kind of exercise you do.