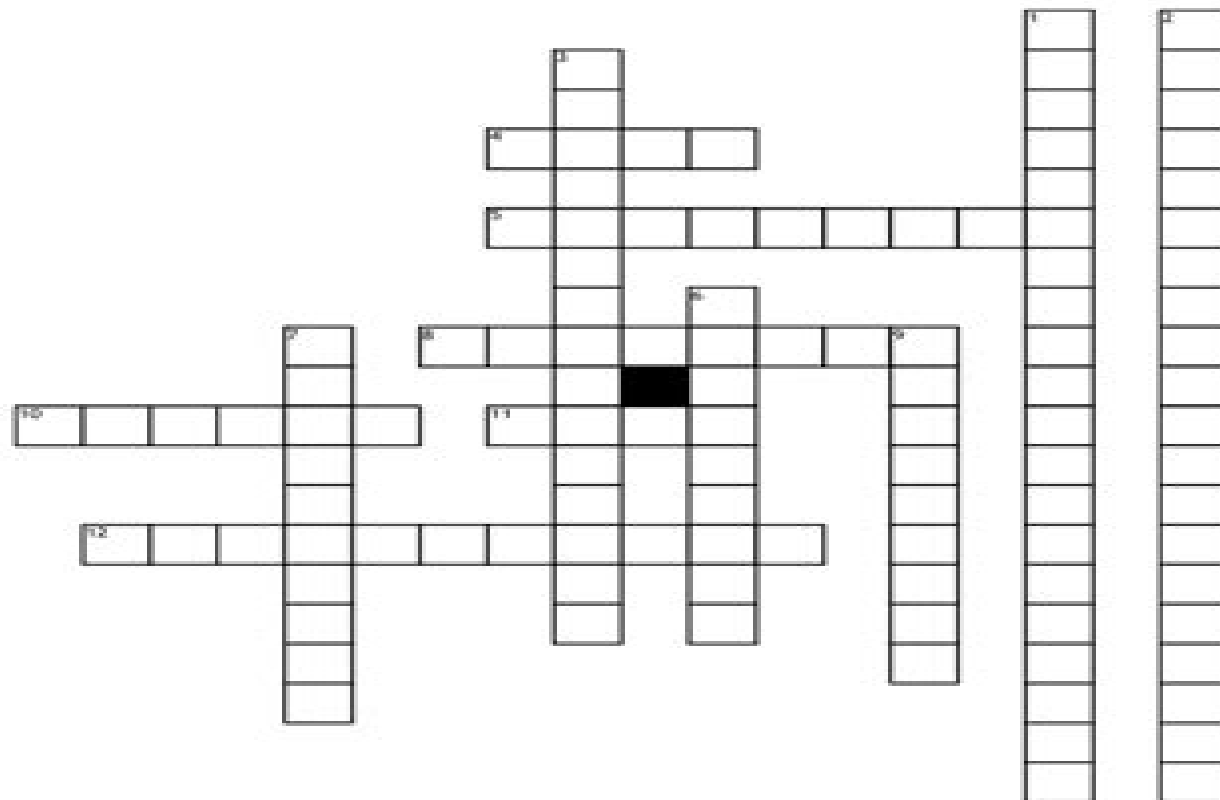


# Unit 1 Fitness for Life Test Review



## Across

4. The activity you choose  
 5. The bottom level (Level 1) of the physical activity pyramid  
 8. state of being that allows you to reach your fullest potential  
 10. balance of spiritual, physical, emotional, social and mental well being

11. Duration of your workout

12. a health problem caused by a lack of physical activity

## Down

1. Rate at which you change the FITT of your workouts  
 2. Improvements in personal fitness occur in the muscles that you overload during work

3. ability of the body systems to work together efficiently

6. How hard you work

7. amount of energy needed to sustain life

9. The top level (Level 4) of the physical activity pyramid

# Fitness For Life Review Answers

**KJ Lindholm-Leary**



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