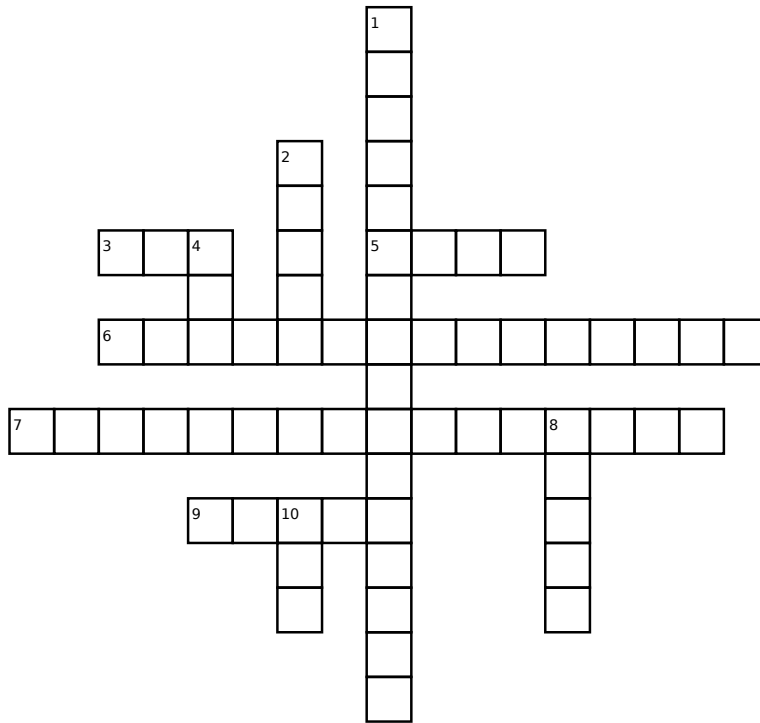


Crossword Puzzle



Down:

1. You take this before you begin physical activity to measure the beats per minute of your heart before activity.
2. A rhythmic throbbing of the arteries as blood is propelled through them.
4. The maximum rate at which your heart should be beating during an activity.
8. Any of the tubes forming part of the blood circulation system of the body, carrying in most cases oxygen-depleted blood toward the heart.
10. $220 - \underline{\hspace{2cm}} = \text{MHR.}$

Across:

3. The amount of times your heart beats in one minute.
5. This is where you place your fingers to find your heart rate.
6. The minimum number of heartbeats in a given amount of time in order to reach the level of exertion necessary for cardiovascular fitness specific to a person's age gender or physical fitness.
7. activity requiring effort carried out to sustain or improve health and fitness
9. a muscular organ that pumps blood through the circulatory system by rhythmic contraction and dilation