

Fitness Word Find

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

List of Terms

anaerobic, kickboxing
 aerobic swimming
 stretching water
 target heart rate fitness
 resting heart rate
 flexibility
 Pilates
 Yoga
 cardiovascular
 strength building
 fat burning
 interval training
 toning
 easy
 light cardio
 HIIT
 LISST
 spin class
 hiking
 biking
 body pump
 recovery period

Designed to refresh your memory about basic fitness terms and concepts., this puzzle will help to design a well rounded workout series as it focuses on the three major fitness categories.

Anaerobic—to building muscular strength and tone

Aerobic—to develop the heart and lungs

Flexibility—to increase movement around the joints