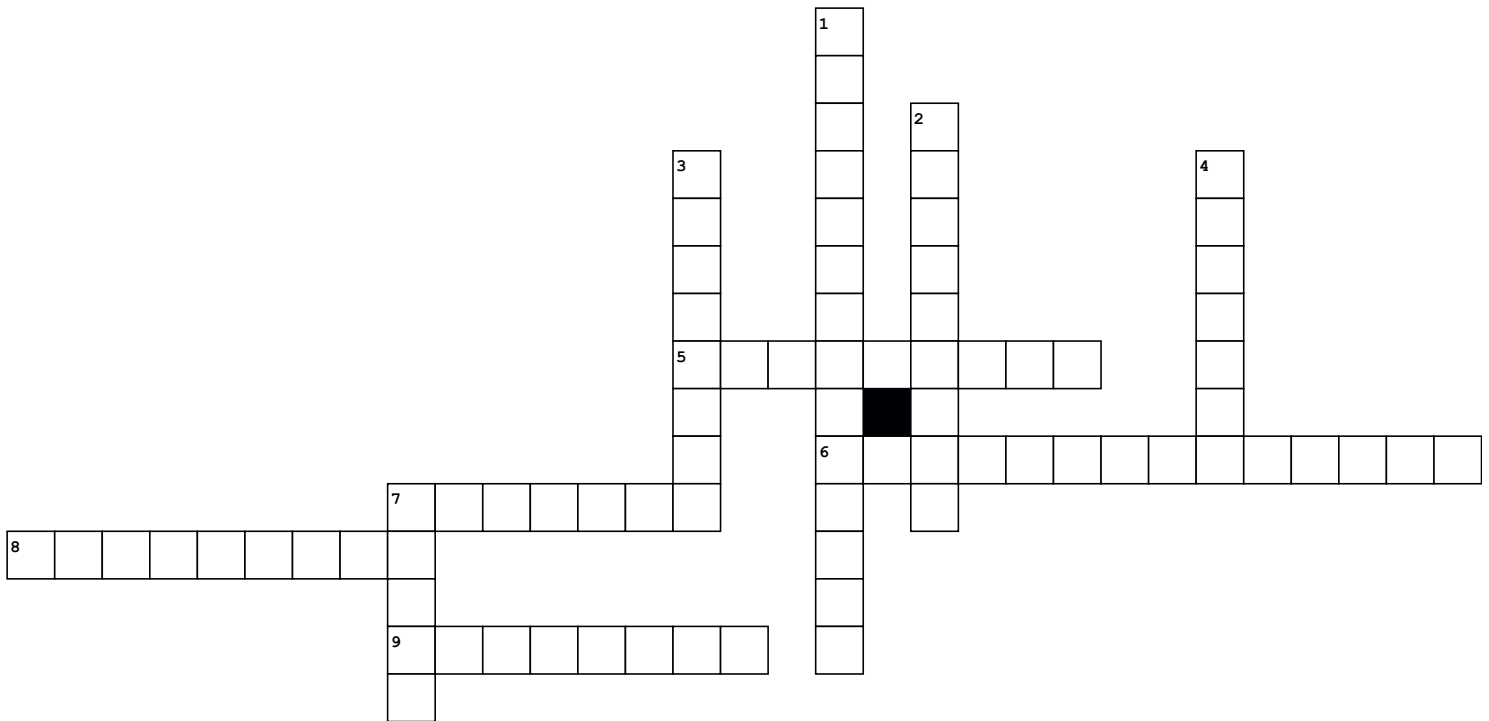


List 25 Physical Fitness



Across

5. A race with three parts: running, swimming, and bicycling
6. Using a variety of physical activities to promote fitness
7. A routine, as of diet or exercise, that is strictly followed
8. Power to stand something without giving out
9. Exercises that help the body use oxygen efficiently

Down

1. Having to do with the heart and blood vessels
2. A contest consisting of ten track and field events
3. A long race or contest
4. Physical or moral strength to resist or withstand hardship
7. A team race in which each runner goes part of the total distance