Complete the puzzle. Talk to a family member or friend about what each word means to you.

**Fitness Planning**

**Across**
2) The energy system used when the body produces energy without oxygen. [ANAEROBIC]
4) The body produces the most energy with this system, but at a low intensity. [AEROBIC]
5) Obstacles that prevent something from happening. [BARRIERS]
6) Average in amount or intensity. [MODERATE]

**Down**
1) The number of calories that a person consumes daily. [CALORICINTAKE]
3) The speed at which the heart is beating, measured in beats per minute. [HEARTRATE]