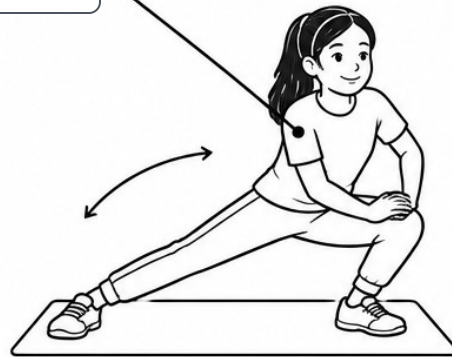


Write the missing words. Use the word bank.

Name _____ Date _____

Four Pillars of Fitness





WORD BANK Heart Endurance • Flexibility • Muscle Strength • Body Balance

Four Pillars of Fitness

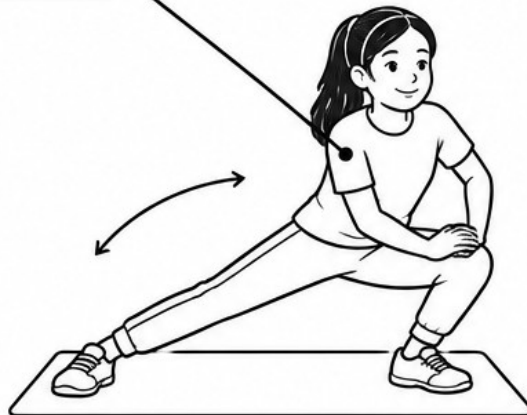
Heart Endurance



Muscle Strength



Flexibility



Body Balance



Four Pillars of Fitness

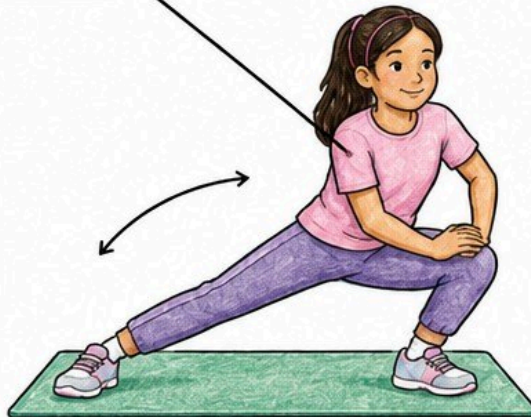
Heart Endurance



Muscle Strength



Flexibility



Body Balance

