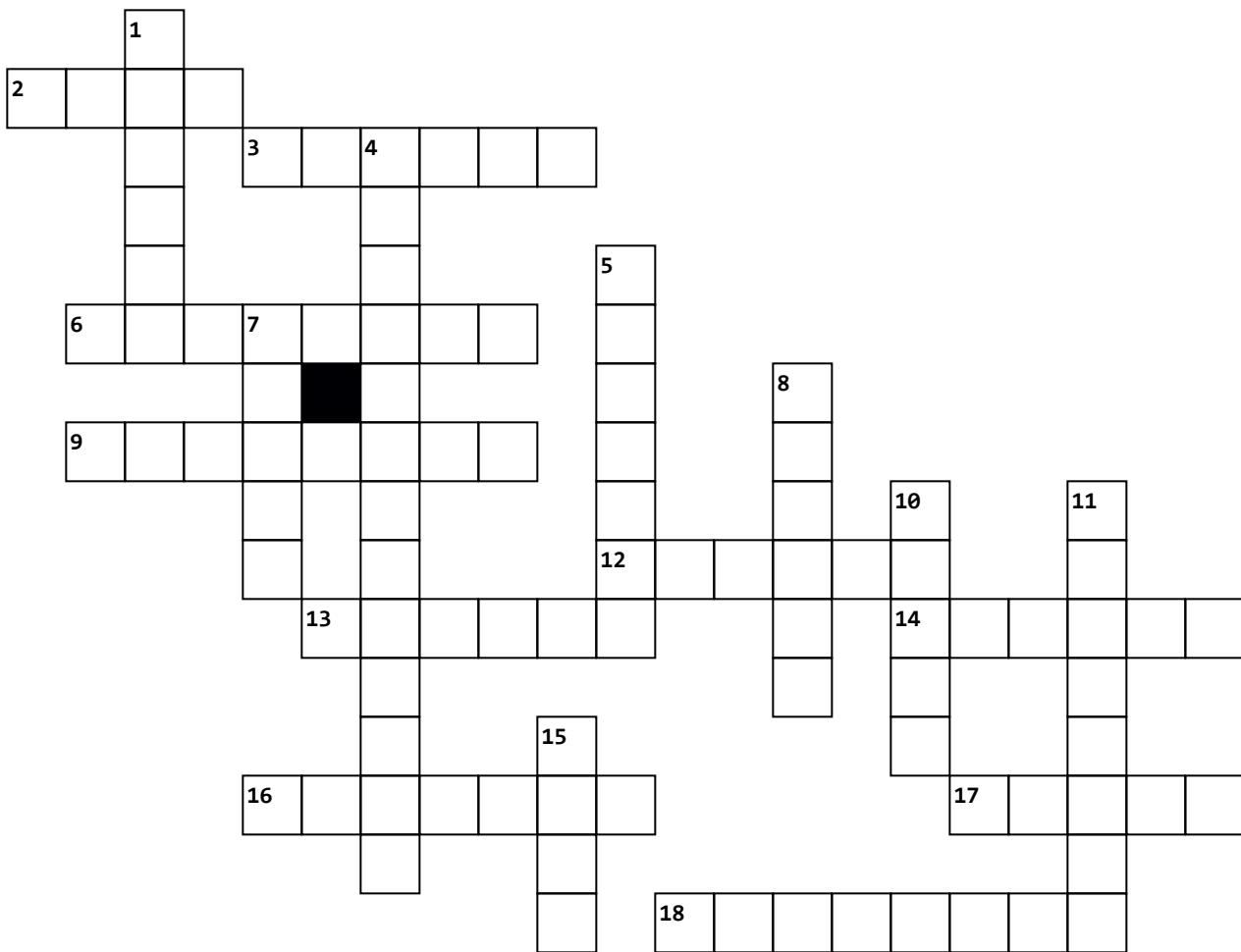


# Health - Exercise pg. 1 & 2



## Across

2. Getting exercise each day feels this way.
3. Your heart is one of these and most important.
6. People who exercise don't have as many health \_\_\_\_\_.
9. The more you use a muscle it gets this.
12. Exercise is about being physically this.
13. Some benefits of exercise are physical and some are this.
14. You may have a heart this, if your heart is weak.
16. You need 60 minutes of exercise to get the most this.
17. A strong heart won't have to pump as this.
18. This means using a lot of strength, effort or energy.

## Down

1. Old people should ask this person before starting an exercise.
4. You should do this type of exercise for muscles and bones.
5. The best exercise for a person may depend upon this condition.
7. Your heart's job is to pump this.
8. This type of yard work can be exercise.
10. Older people with these problems should exercise too.
11. People who exercise have this disease less.
15. People who exercise don't get this as much.