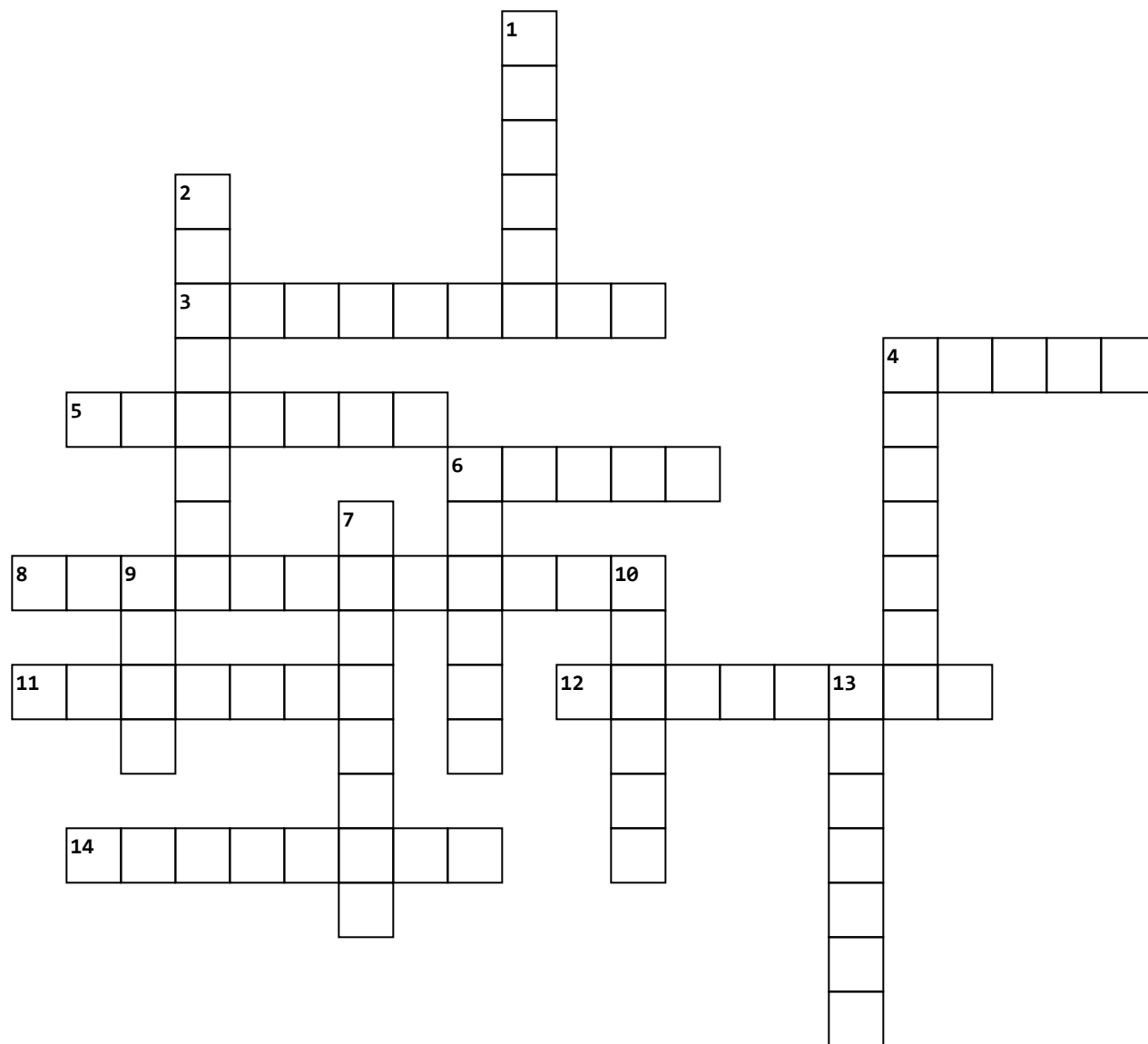


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Across

- 3.** You have this when you can go for a long time.
- 4.** You want more oxygen to get into this when you breathe.
- 5.** You want your bones to be stronger and this.
- 6.** Strong bones are especially important for these kids.
- 8.** Older women get this disease, but not men.
- 11.** Eating and drinking this makes bones strong.
- 12.** Do these for your stomach muscles.
- 14.** You should be able to lower this to six inches above your knees.

Down

- 1.** Every cell in your body needs this to do its job.
- 2.** You are this when you bend easily.
- 4.** The harder you exercise the deeper you do this.
- 6.** Hormones can control this.
- 7.** These chemicals help you to relax.
- 9.** You should be able to do this after jogging for one minute.
- 10.** Hormones and this help you cope with this.
- 13.** Older women may walk this way.