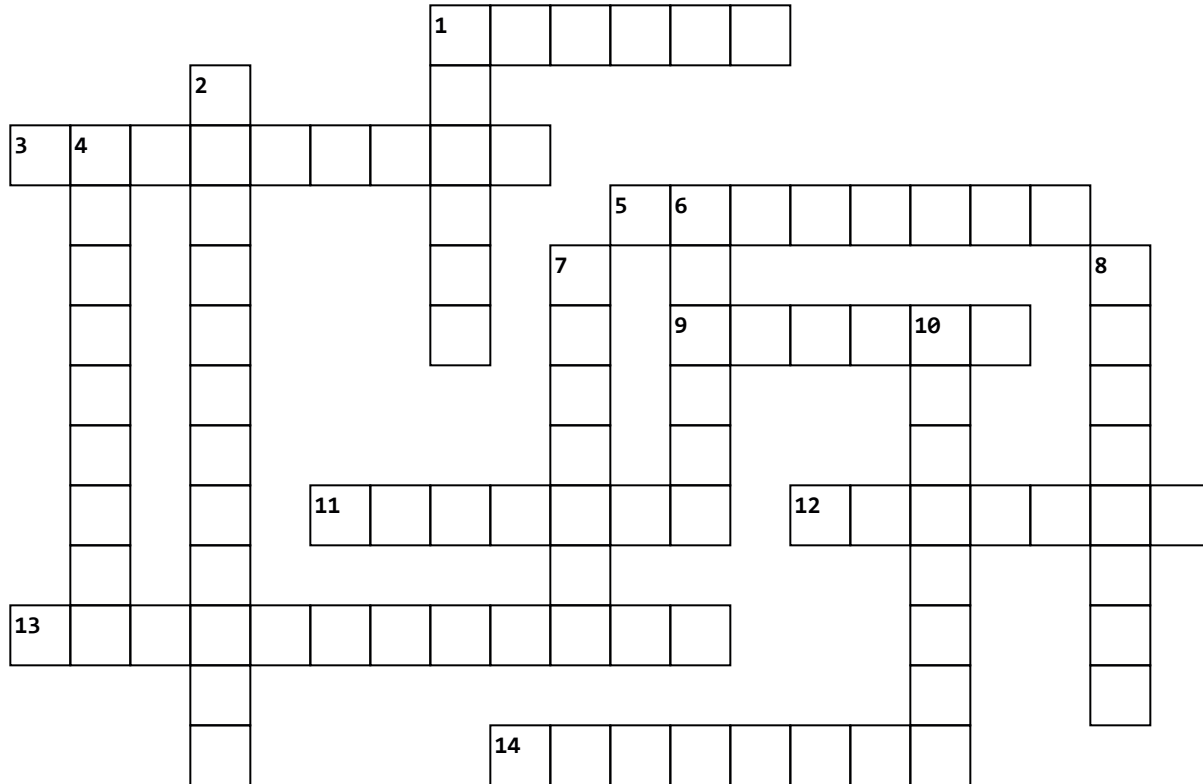


Health - Exercise pg. 7 & 8



Across

- 1.** This is worry or tension.
- 3.** We know that many diseases start during this time.
- 5.** Play here after dinner.
- 9.** You need up to this many hours of sleep each night.
- 11.** Your appendix does not have this.
- 12.** A heart attack happens when blood flow is this.
- 13.** The brittle bone disease.
- 14.** Chemicals that affect your appetite.

Down

- 1.** Start exercising like this to warm up your body.
- 2.** TV is the biggest factor in this trend.
- 4.** Stress can cause this.
- 6.** Raking and shoveling are these types of chores.
- 7.** Walk around the room on these before bed.
- 8.** A disease when your body doesn't produce insulin.
- 10.** Kids should have one hour of this type of exercise daily.