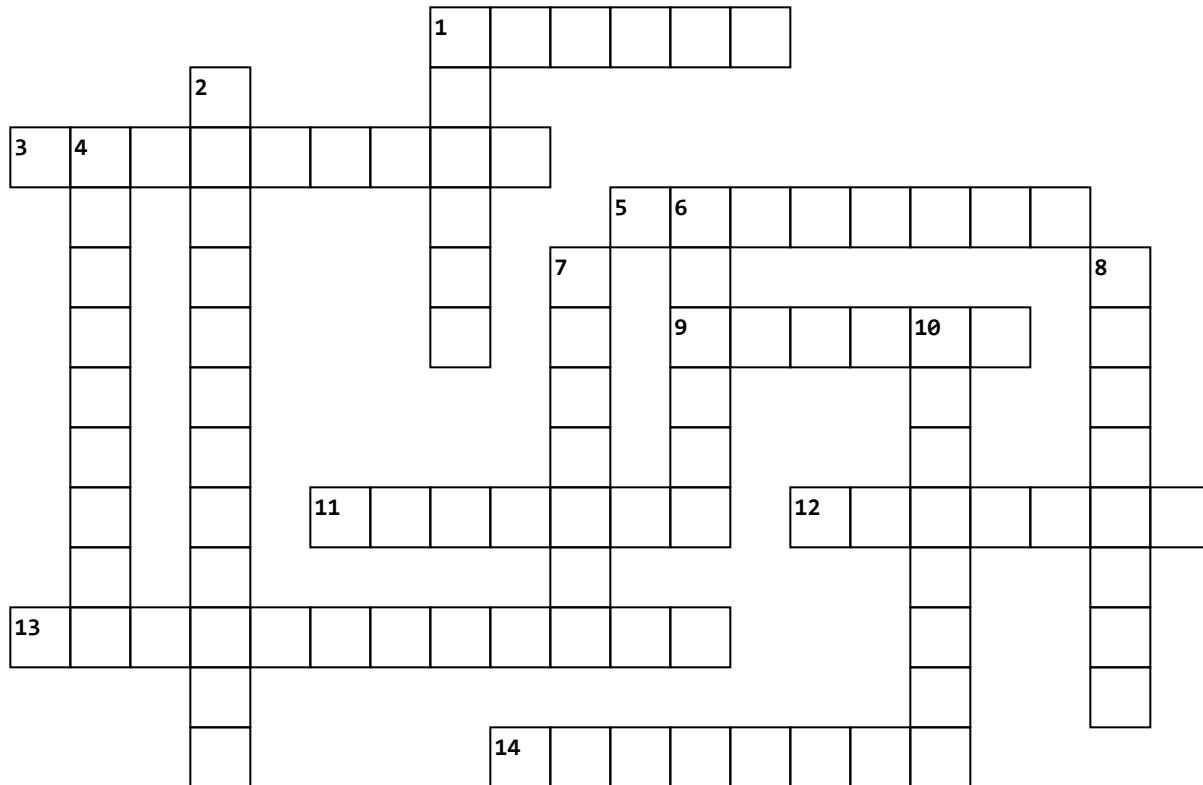


Health - Exercise pg. 7 & 8



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.