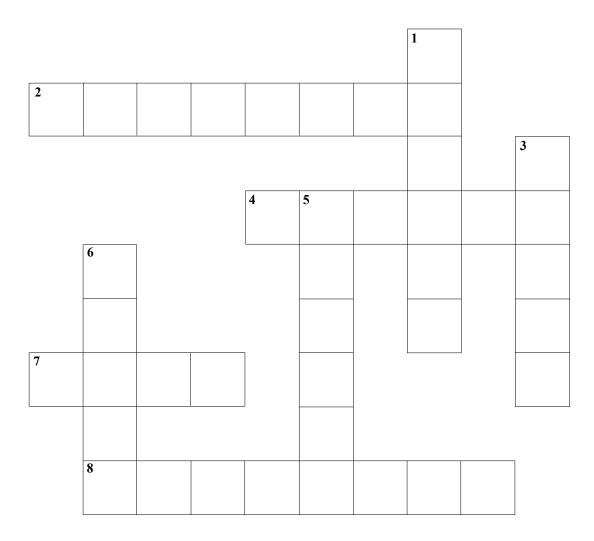
Exercise to Feel Better Crossword Puzzle

Directions: Complete the crossword puzzle using the clues listed in the table about exercise and overall health.



Across

- 2. Do this regularly to improve your quality of life.
- 4. Even light exercise can improve _____ health.
- 7. Chair _____ is an easy form of exercise for dialysis patients.
- 8. Regular exercise can benefit ______ patients.

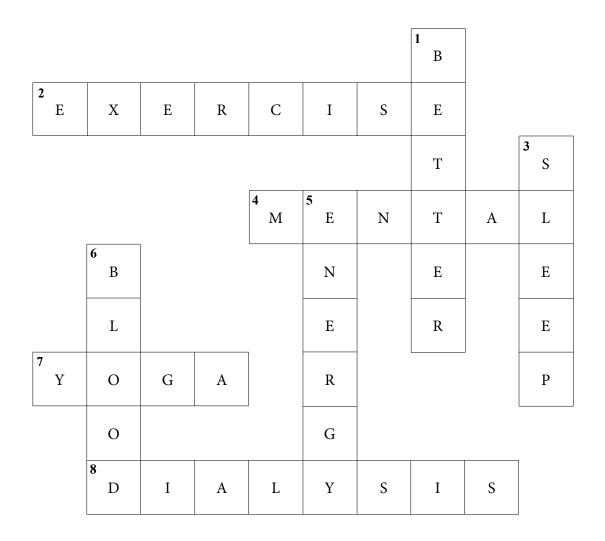
Down

- 1. Exercise as often as you can to feel _____.
- 3. Daily physical activity will help you _____ better at night.
- 5. Regular exercise can help increase ______ levels.
- 6. Exercise can help control ______ sugar.



This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract #HHSM-500-2016-00010C and #HHSM-500-2016-00012C. The contents presented do not necessarily reflect CMS policy. 20.Q-ESRD.03.049

Answer Key Exercise to Feel Better Crossword Puzzle



For more information or to file a grievance, please contact: ESRD Network 10 (IL) 911 E. 86th St., Suite 202 | Indianapolis, IN 46240 Toll Free Patient Line (800) 456-6919 ESRDNetwork10@gsource.org

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