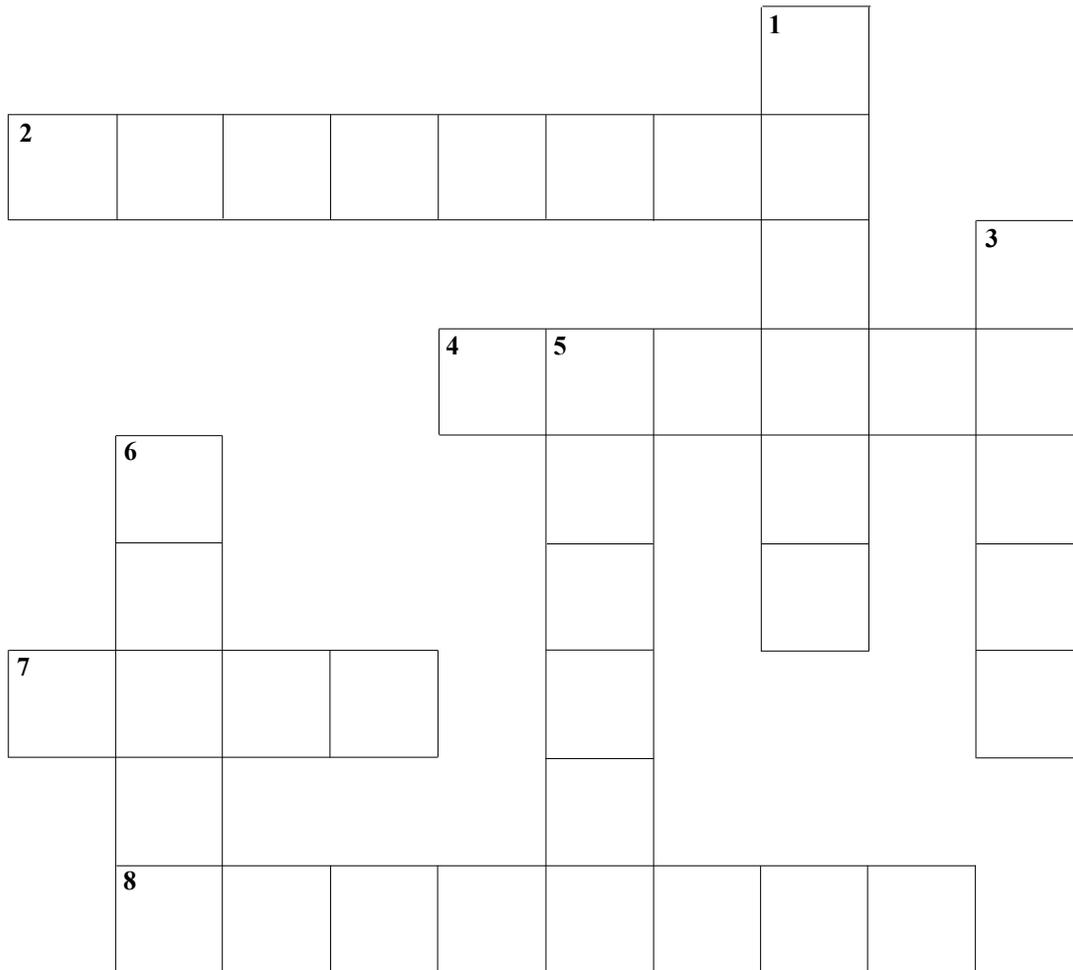


# Exercise to Feel Better Crossword Puzzle

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



## Across

2. \_\_\_\_\_ regularly to improve your quality of life.
4. Even light exercise can improve \_\_\_\_\_ health.
5. 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.

