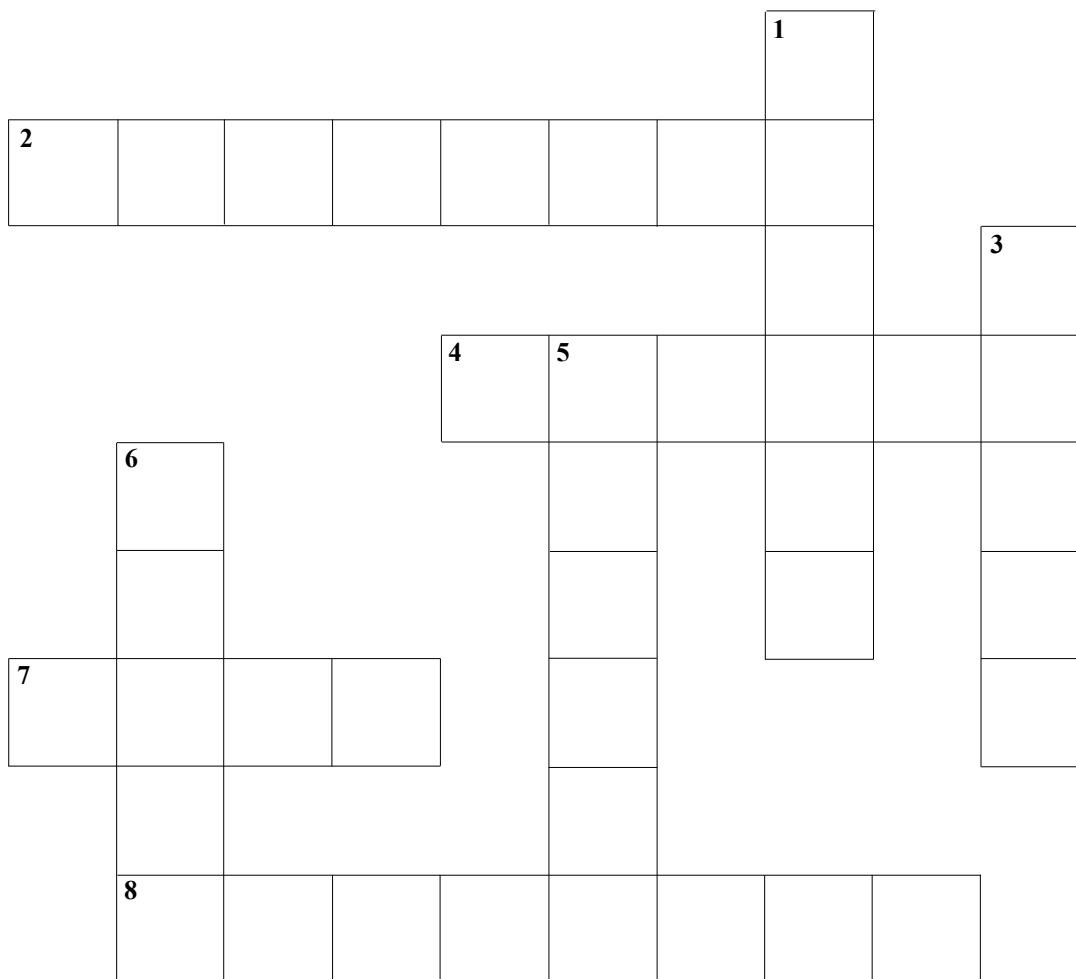


Exercise to Feel Better Crossword Puzzle

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



Across

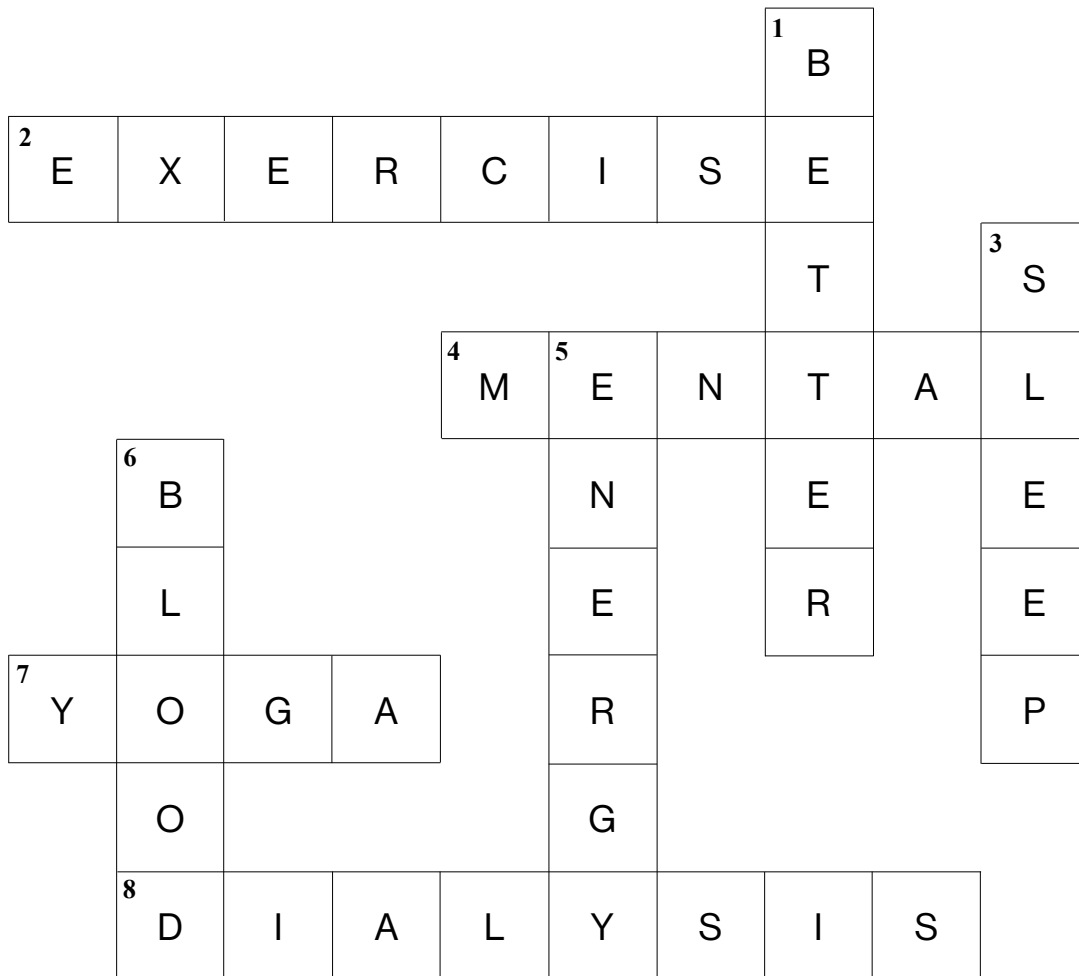
2. _____ regularly to improve your quality of life.
4. Even light exercise can improve _____ health.
5. Chair _____ is an easy form of exercise for dialysis patients.
8. Regular exercise can benefit _____ patients.

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.

Answer Key

Exercise to Feel Better Crossword Puzzle



For more information or to file a grievance, please contact:

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