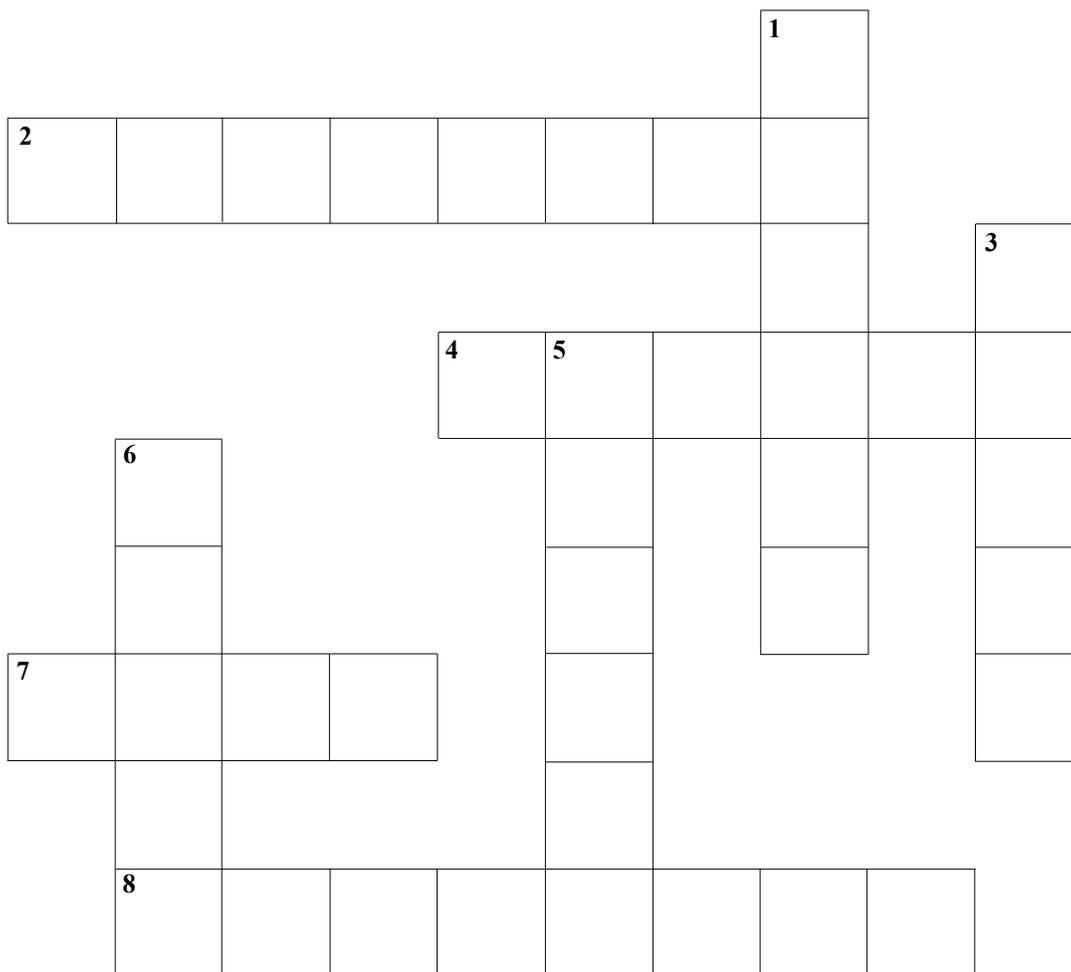


Exercise to Feel Better Crossword Puzzle

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.

