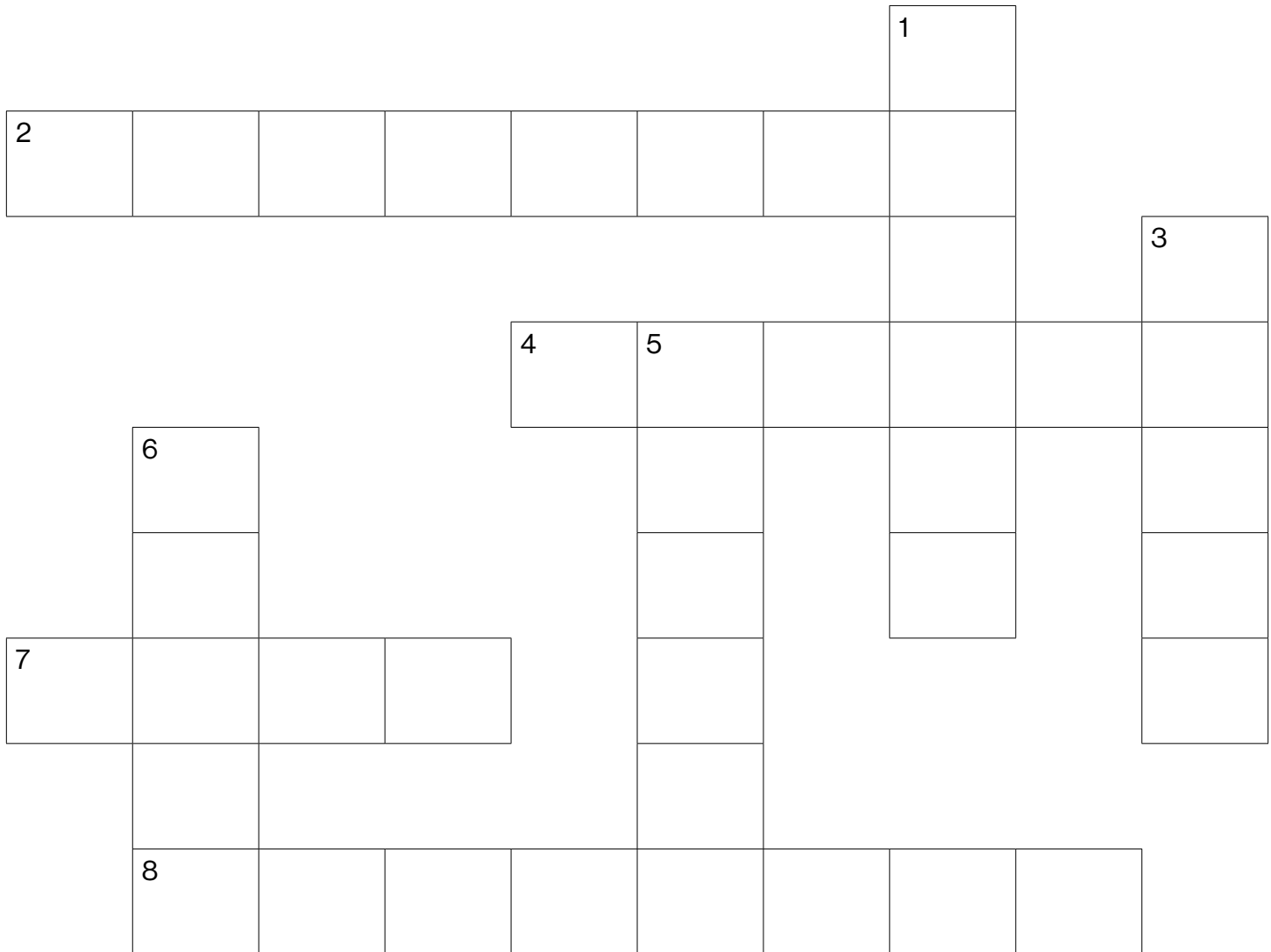


Exercise to Feel Better Crossword Puzzle



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.

Answer Key

