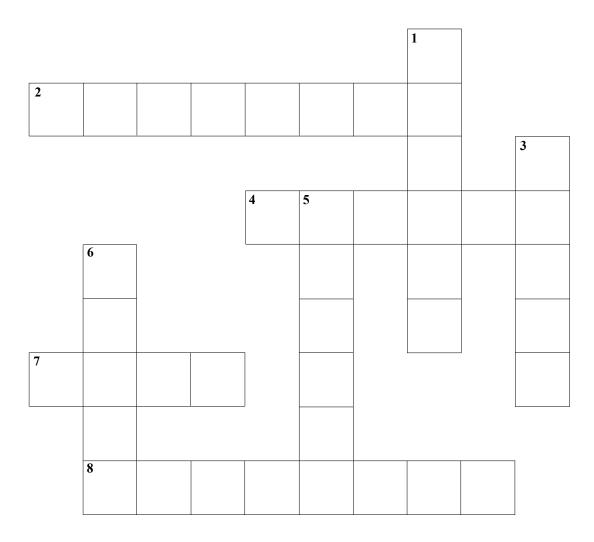
Exercise to Feel Better Crossword Puzzle

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.

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Down

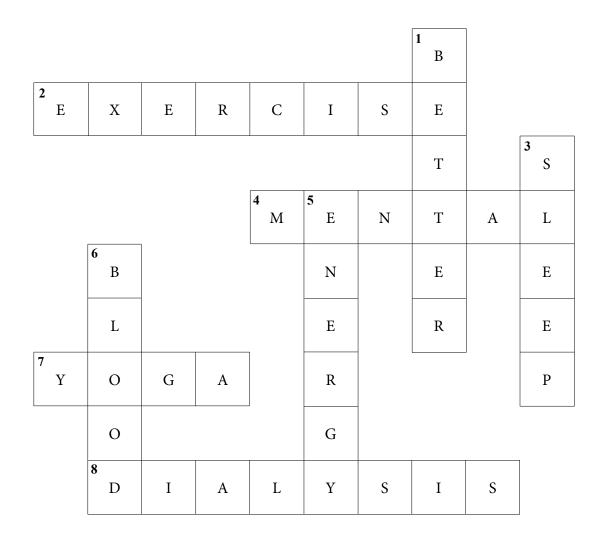
- 1. Exercise as often as you can to feel _____.
- 3. Daily physical activity will help you _____ better at night.
- 5. Regular exercise can help increase ______ levels.
- 6. Exercise can help control ______ sugar.







Answer Key Exercise to Feel Better Crossword Puzzle



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