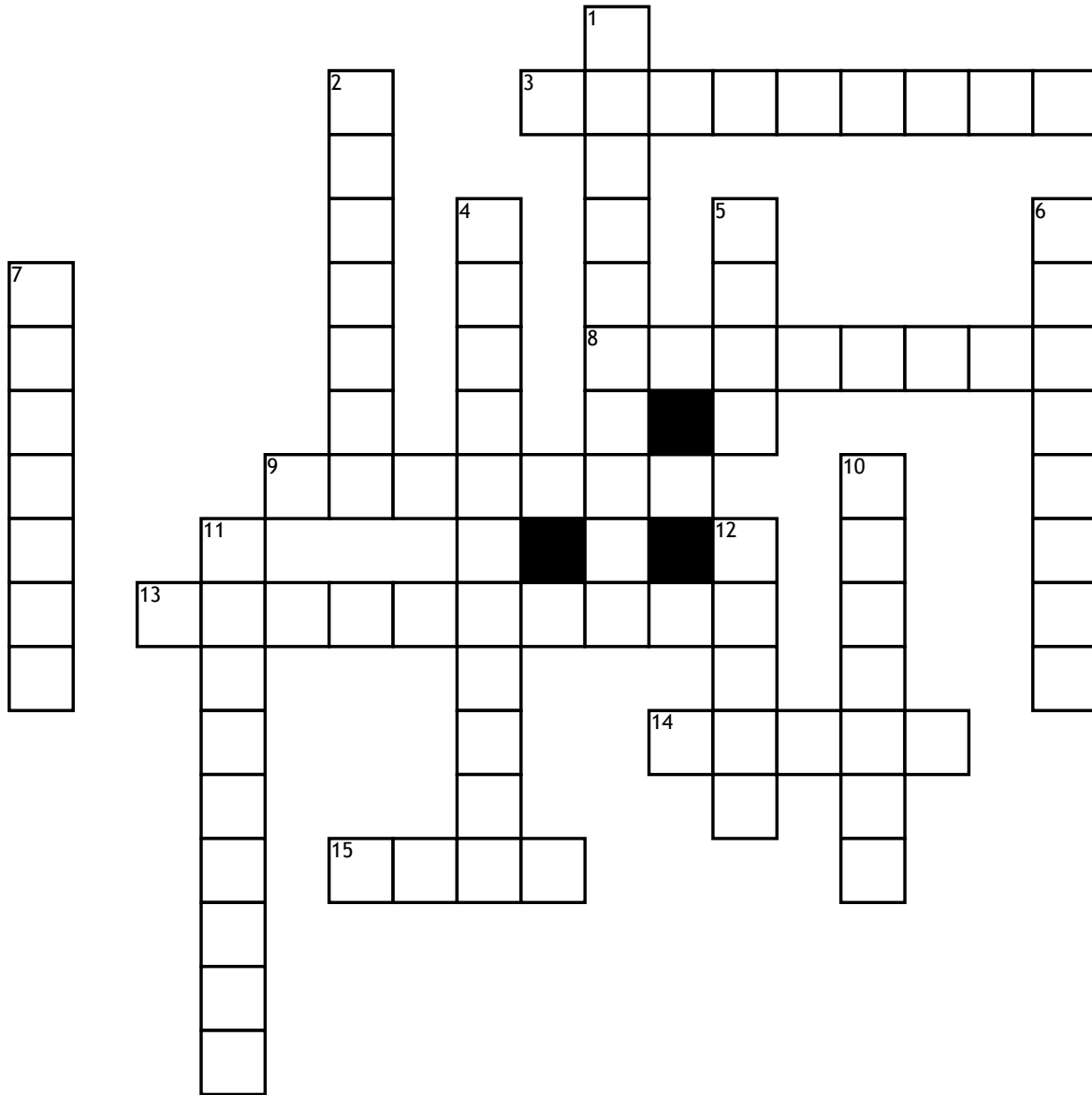


# All about Physical Activity



**Across**

- 3. this can measure how many steps we take each day
- 8. .... is a low-impact form of physical activity
- 9. this type of exercise improves our fitness
- 13. This type of training helps you to improve your strength
- 14. what we need to have to hand whenever we exercise
- 15. adults should aim to do 150 minutes of exercise every .....

**Down**

- 1. physical activity reduces symptoms of ..... and anxiety
- 2. physical activity reduces the risk of .....
- 4. what kind of clothes to wear when we exercise
- 5. stop doing exercise and check with a GP or health professional if it causes this
- 6. Low, moderate and ..... are different exercise intensities

7. the easiest form of exercise

- 10. Standing on one leg helps you improve this
- 11. We should all limit the amount of time we are spent being
- 12. when we exercise our ..... rate should gradually go up