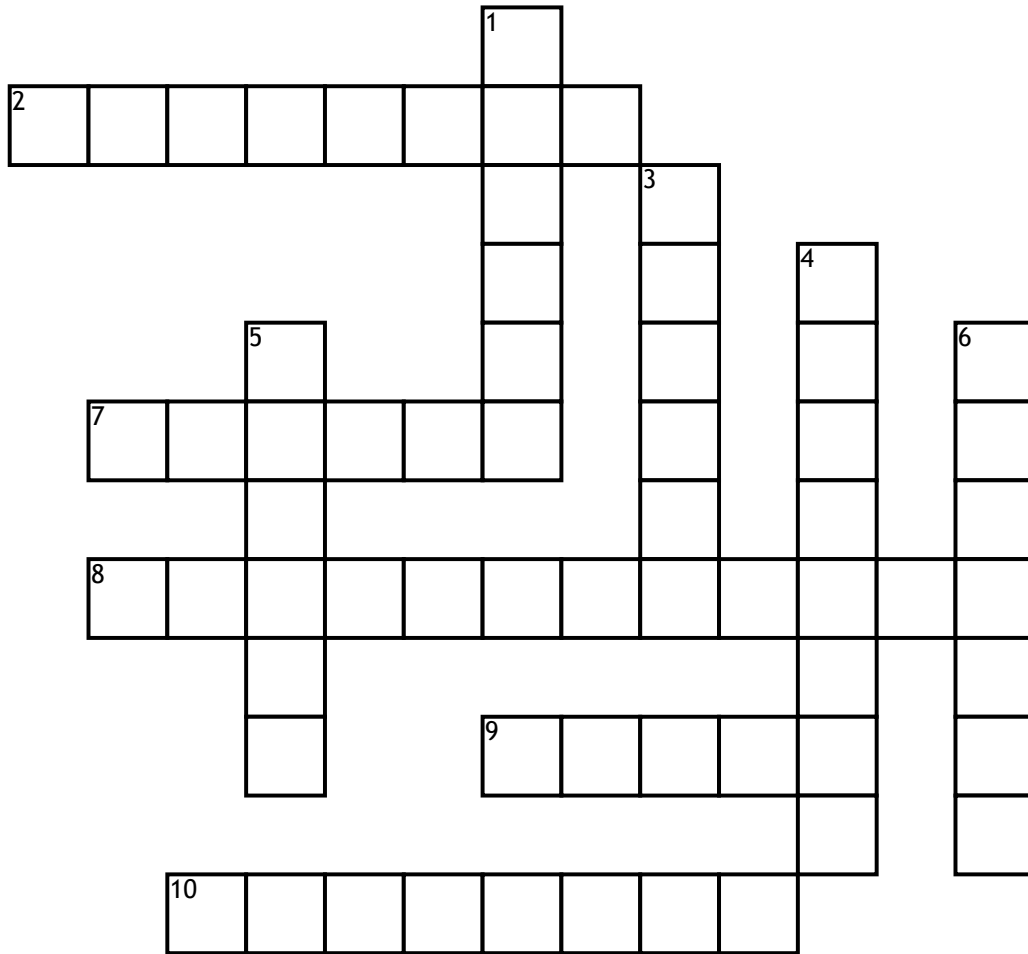


Benefits of Walking



Across

2. Reduces the risk of Type 2

7. Reduces the risk of _____
cancer
8. reduces risk of

9. improves blood _____ levels
10. Reduces the risk of _____
heart disease

Word Bank

pressure mental coronary breast osteoporosis
diabetes weight sugar obesity cancer

Down

1. Maintains body _____
3. reduces the risk of colon

4. improves blood _____
5. Enhances _____ well
being
6. lowers risk of _____