

Name: _____

Date: _____

Exercise & Mental Health

I C B S I D R M F R G J B D H S U
U U M A I S O G N I N N U R Z N G
M R M V N S Y N O N O P G T B I N
G E I X Q E V E M A R O Y K M H U
N O B E J R V M W V T V L S D P P
I J N O M T R E T W S W E S G R U
T Y P J K S F K X D U N Q E P O C
F T F E U I J E L Q E F Z N M D P
I Z F L O E D E P R E S S I O N A
L A Y K M A E C G O T D S P S E N
T Z N X I A X Y G G G D M P H G X
H K V W G P E N F E B Z H A U Z I
G O B O V G R I A I B E J H L I E
I Y Y Q R D C Q N R A T Z J V J T
E B P A Y O I W K L G A C N U T Y
W C U D Z Y S E T U S K B G H L F
A J Q W Z D E H H S C M L L P R P

weight lifting

endorphins

depression

happiness

exercise

anxiety

running

strong

energy

stress

health

yoga

cure