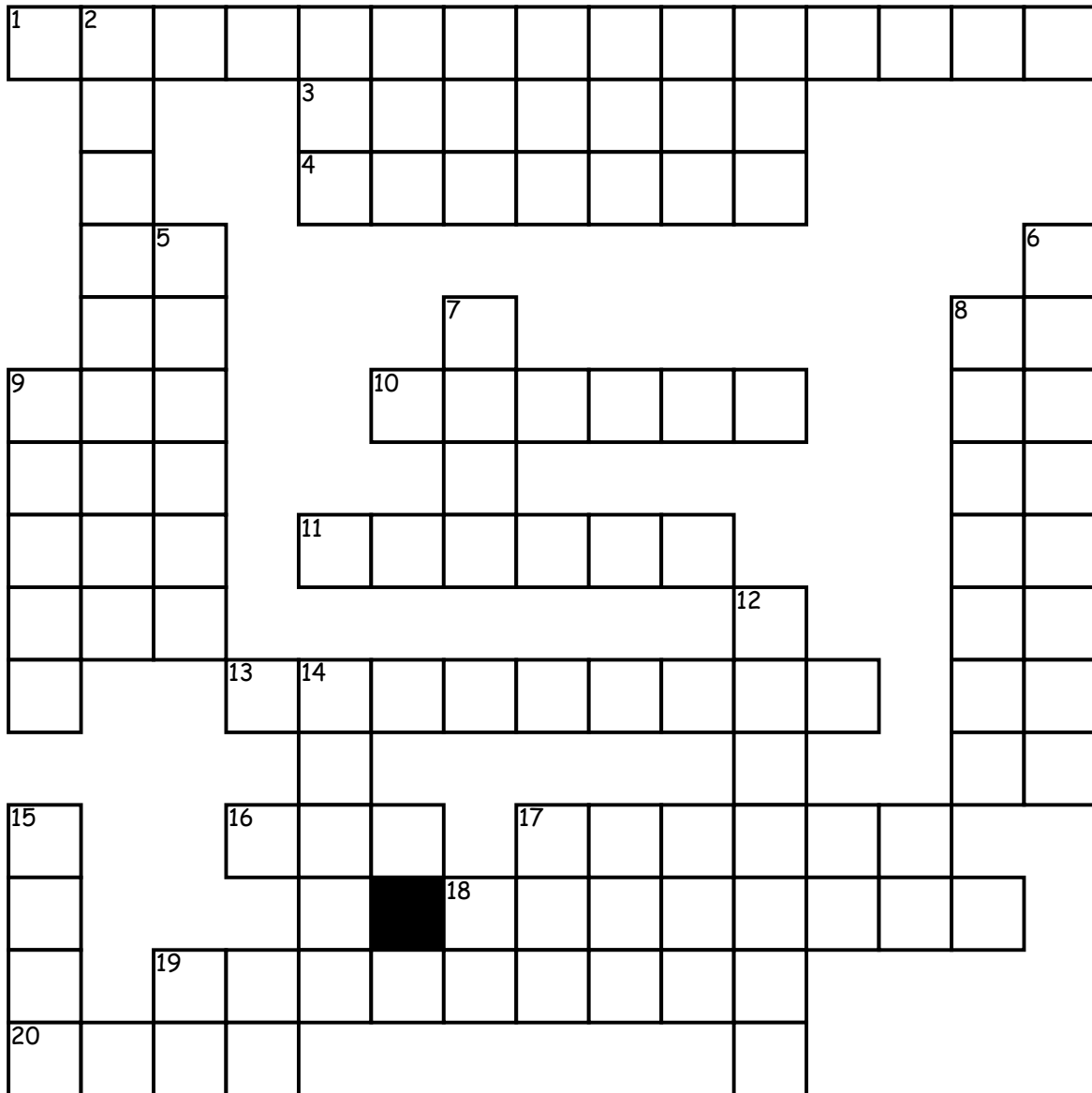


Exercise and Nutrition



Across

- 1. Exercise can help prevent heart disease,stroke,_____.
- 3. Without having nutrition your_____become weak.
- 4. _____need nutrition too.
- 10. Nutrition is important ,because it is a eating balanced
- 11. Exercise is good for your _____.
- 13. There never use to be exercise _____.
- 16. Exercising machines can help burn_____.

- 17. Nutrition is found in fruits,nuts,and berries to help prevent diseases like_____.
- 18. Without exercising you can end up getting_____.
- 19. In order to keep our bodies strong & healthy we need _____.
- 20. There are so_____different exercises you can try.

Down

- 2. Our health is_____.
- 5. we need nutrition to keep us_____and healthy.
- 6. If you have heart disease,you should_____as much as someone that dose not have heart disease.

- 7. _____ counts as exercising too.
- 8. Its important we watch what we eat in order to keep ourselves_____.
- 9. Exercise helps us stay in_____.
- 12. Only 90 _____ of people exercise.
- 14. Eating healthy is _____of your exercise.
- 15. Health class is a important source of our health ,because it teaches us the bad thin gs that _____our bodies.