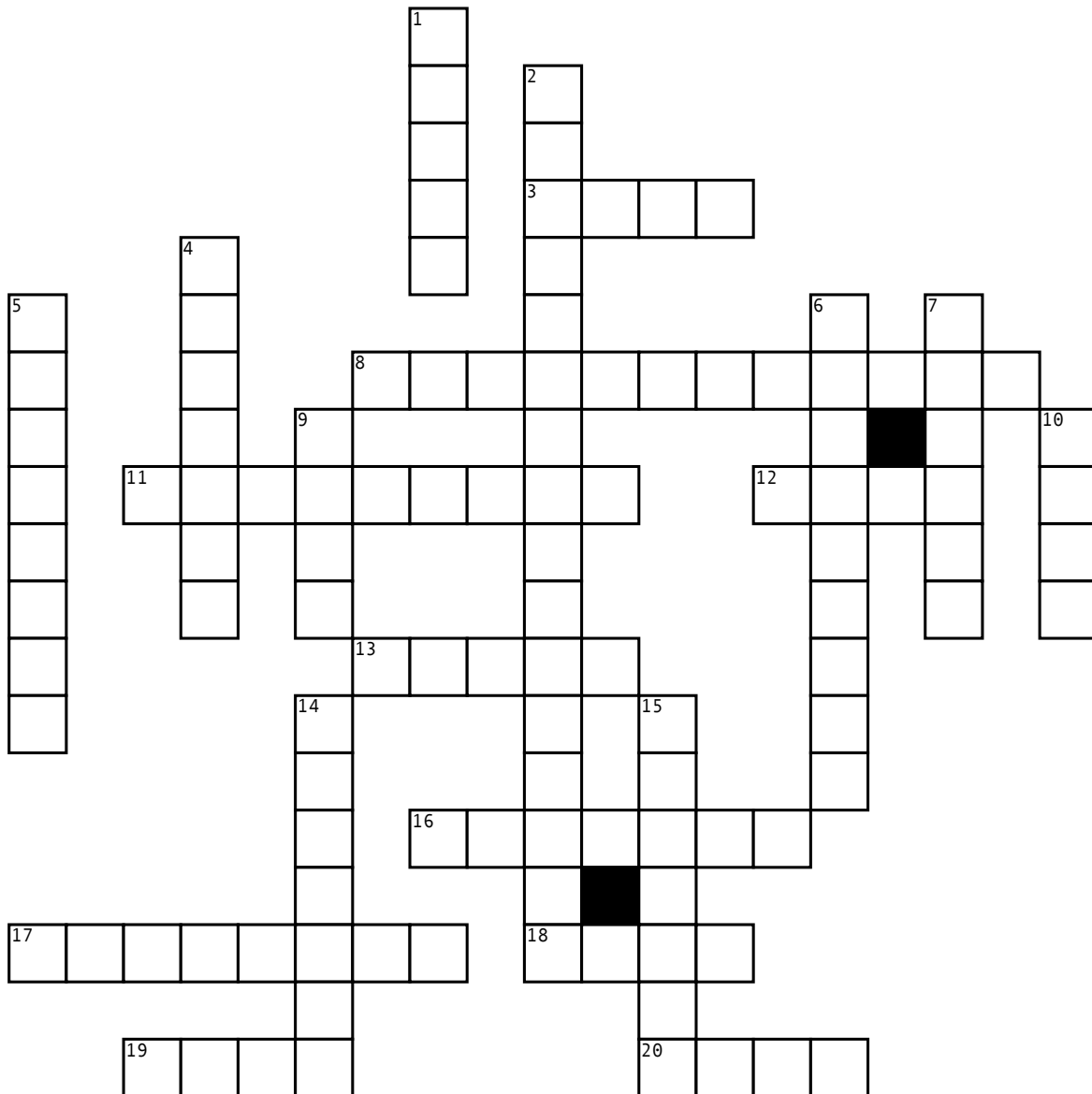


Exercise and nutrition



Across

- 3. With out nutrition _____ muscles become weak.
- 8. When you engage in physical activity, you _____.
- 11. Nutrition is _____ for everyone
- 12. Walking is _____ of our exercising.
- 13. Exercising is for your _____.
- 16. You get nutrition from _____.
- 17. Tack the stairs instead of the _____.

18. Eating right helps your _____.

19. giving your _____ the nutrients it needs

20. Exercise is _____ for our body.

Down

- 1. Exercising _____ fat.
- 2. Exercise delivers _____, _____ to your tissues
- 4. _____ D help's your body.
- 5. eating _____ is not healthy

6. eating a healthy _____ helps keep you energized throughout the day

7. When you work out you feel _____ about your self.

9. you get nutrition for _____.

10. when you are _____ you do not get your nutrition.

14. Exercise is _____ for you

15. _____ is a good work out .