

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

## GNS Omgaran Healthy Lifestyle Management Through Exercise

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

Neurotransmitters  
Basketball  
Activity  
Anxiety  
Success  
Focus

Concentration  
Management  
Exercise  
Program  
Health  
Mood

Endorphins  
Schedule  
Fitness  
Running  
Stress  
Walk

Depression  
Moderate  
Aerobic  
Routine  
Goals  
Gym