

Name: _____

Date: _____

How does exercise help mental toughness?

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

increased self esteem
release tension
reduced stress
endorphins
focus

improved self image
being outdoors
less anxiety
low impact

fighters depression
improved sleep
social life
intensity