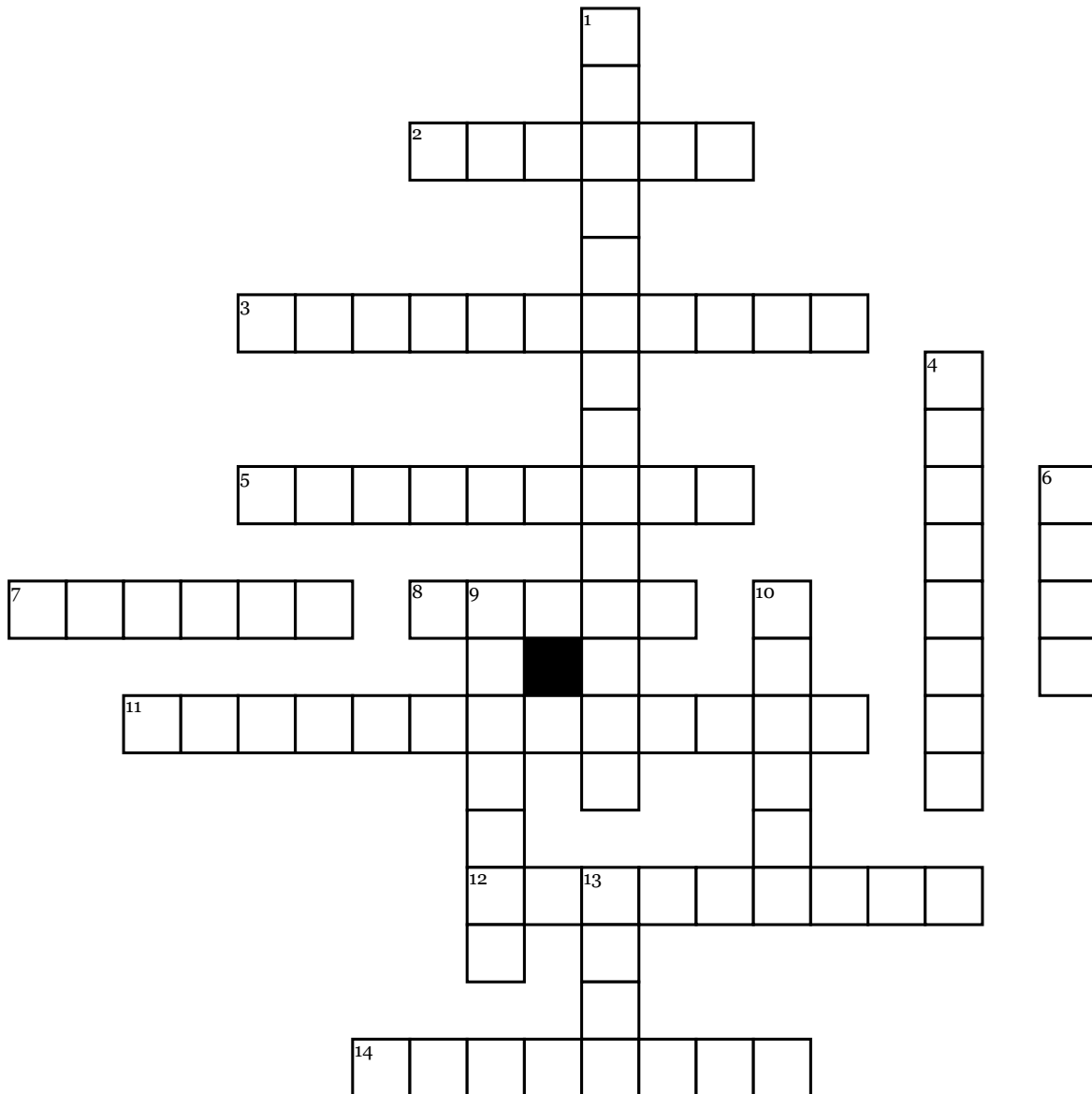


Movement Crossword Puzzle



Across

2. Exercise increases our _____, and therefore might be good to do on a lunch break.

3. Yoga is a type of _____ Exercise.

5. _____ should always be controlled while exercising. If not, you might feel light headed.

7. Sometimes exercise is made easier when doing it with your _____

8. You should be aware of how much _____ you are drinking before, during, and after your daily exercise.

11. Exercise can decrease this heart measurement.

12. If exercise begins to feel easier for you, make sure to increase your _____.

14. Keeping _____ under your desk at work or in your car, might make it easier to go on a walk at lunch.

Down

1. Physical activity reduces the risk for _____

4. _____ training is important to maintain your bone health as you age.

6. Exercise is proven to increase your overall _____, which will help to feel better on the daily.

9. A type of exercise meaning "involving oxygen" that helps improve your overall cardiovascular health.

10. Movement is a great tool for _____ release.

13. During moderate activity, you should be able to perform the _____ test.