

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Older Adult Participation in Physical Activity

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

Physical Activity  
blood pressure  
osteoporosis  
diabetes  
Social

Health Benefits  
risk of falls  
Older Adults  
muscles  
joints

stronger bones  
Mental Health  
Motivation  
Walking  
Diet