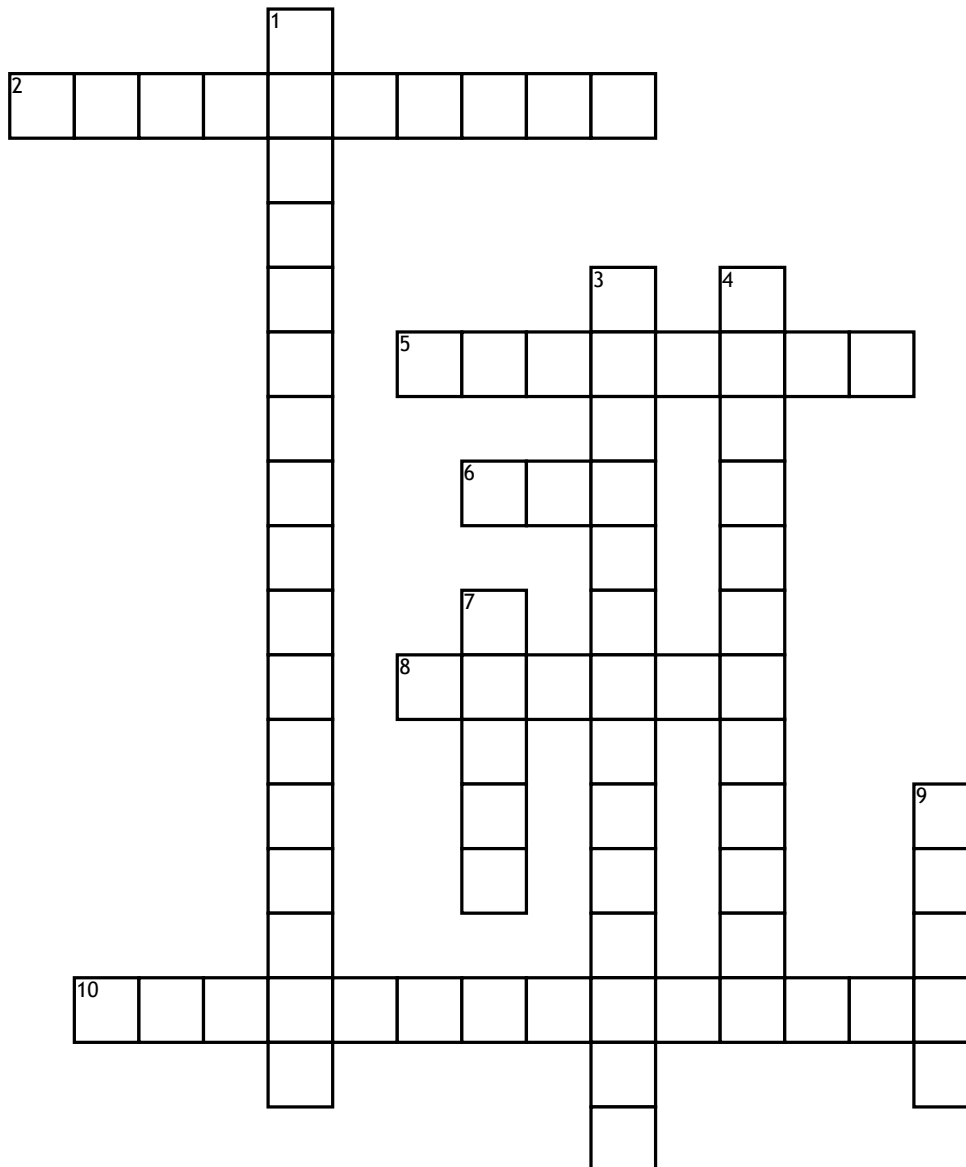


Physical Activity Guidelines



Across

2. A way of eating that cuts out major food groups and is not sustainable.
5. An example of the structural environment is this.
6. Exercise can reduce LDL cholesterol and blood pressure and can increase this.
8. A wearable device that measures steps, heart rate and sleep.
10. Regular exercise reduces the risk of this.

Down

1. The total number of people with diabetes and pre-diabetes
3. As adults reach 500 minutes of exercise per week this is reached.
4. A physical activity program developed by the arthritis foundation.
7. Amount of minutes of aerobic exercise kids should get three times per week.
9. Exercise can help normalize this.