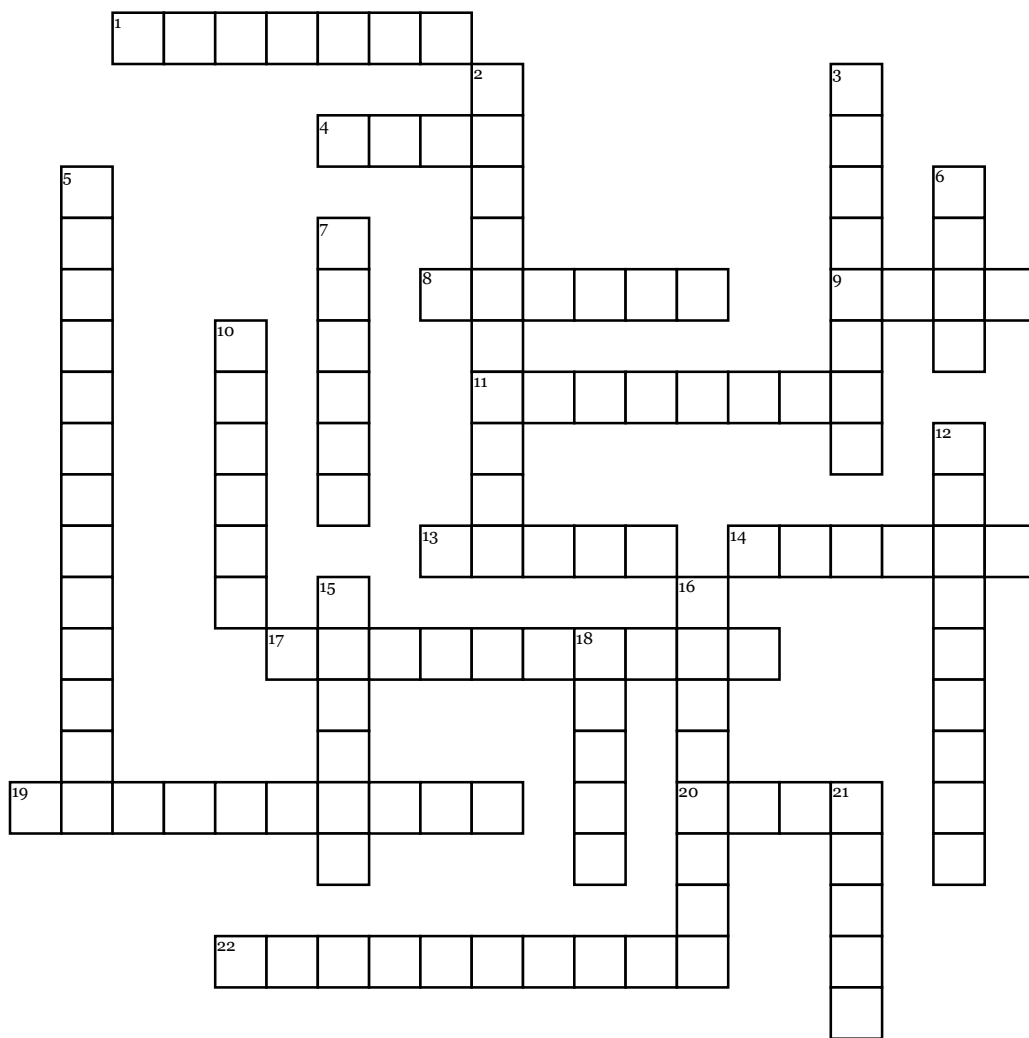


Physical Activity and Mood



Across

- 1.** Working out can help you feel more _____
- 4.** Exercise is a healthy way to _____ with anxiety or depression
- 8.** Important for your physical and mental _____
- 9.** Promotes feelings of _____ and well-being
- 11.** Helps break the cycle of negative _____
- 13.** It is important to start _____ when beginning an exercise routine
- 14.** You should exercise for _____ minutes, 5 days a week

- 17.** Lessened with regular exercise

- 19.** Chemicals released in the brain during exercise

- 20.** Improves with regular exercise

- 22.** Set yourself goals that are _____

Down

- 2.** Regular activity can improve your _____

- 3.** Important in maintaining good physical and mental health

- 5.** Improves _____

- 6.** Simple way to get moving throughout the day

- 7.** Helps reduce _____

- 10.** Exercise helps boost your _____ level throughout the day

- 12.** Endorphins are released from the _____ gland

- 15.** Physical activity can help you maintain a healthy _____

- 16.** Physical activity boosts the brain's _____ levels

- 18.** Physical activity helps regulate your _____ patterns

- 21.** A fun way to increase physical activity

Word Bank

- | | | | | | |
|------------|------------|--------|------------|---------|---------------|
| thoughts | dopamine | mood | cope | sleep | concentration |
| endorphins | depression | calm | selfesteem | relaxed | thirty |
| achievable | weight | health | dance | stress | energy |
| exercise | pituitary | small | walk | | |