

Name: _____ Date: _____

Psychological Benefits to Exercise

1. RNIESECDA DOMO _____
2. RCNEESAI NADEPOMI LLEEVS _____
3. WTO SUHRO FO SAERENIC CSUFO _____
4. SOLW CINOVEGTI EECINLD _____
5. SGROTREN AND GEIBGR XCRTOE _____
6. NREEIACDS SCUOF _____
7. PVIMREDO NOERCTOTNCIAN _____
8. ETBRTE -LNORTMGE YEOMMR _____
9. PNEVRSTE IDAEMTEN _____
10. RBTTEE TTTONEIAN _____
11. OVEPRMI NOCARITE TIEM _____
12. ERCESAIN ELAIRNEODANRN _____
13. DSEIRENAC ACYHPOSPUM ULVEOM _____
14. EEDRNCISA TONTNEARUSMSRIRTE _____
15. REEXESIC RCSTOEPT HTE RANIB _____
16. ERESTNVP ELMRHSA'ZIE SEAISED _____
17. EWN ANBRI LLESC NI UPACPYSMOH _____
18. NNAUETGREEDOEIREV SEDASIE _____
19. NCRIAEES ORISNETON _____
20. EASRENIC BRAIN UOTNNICF _____