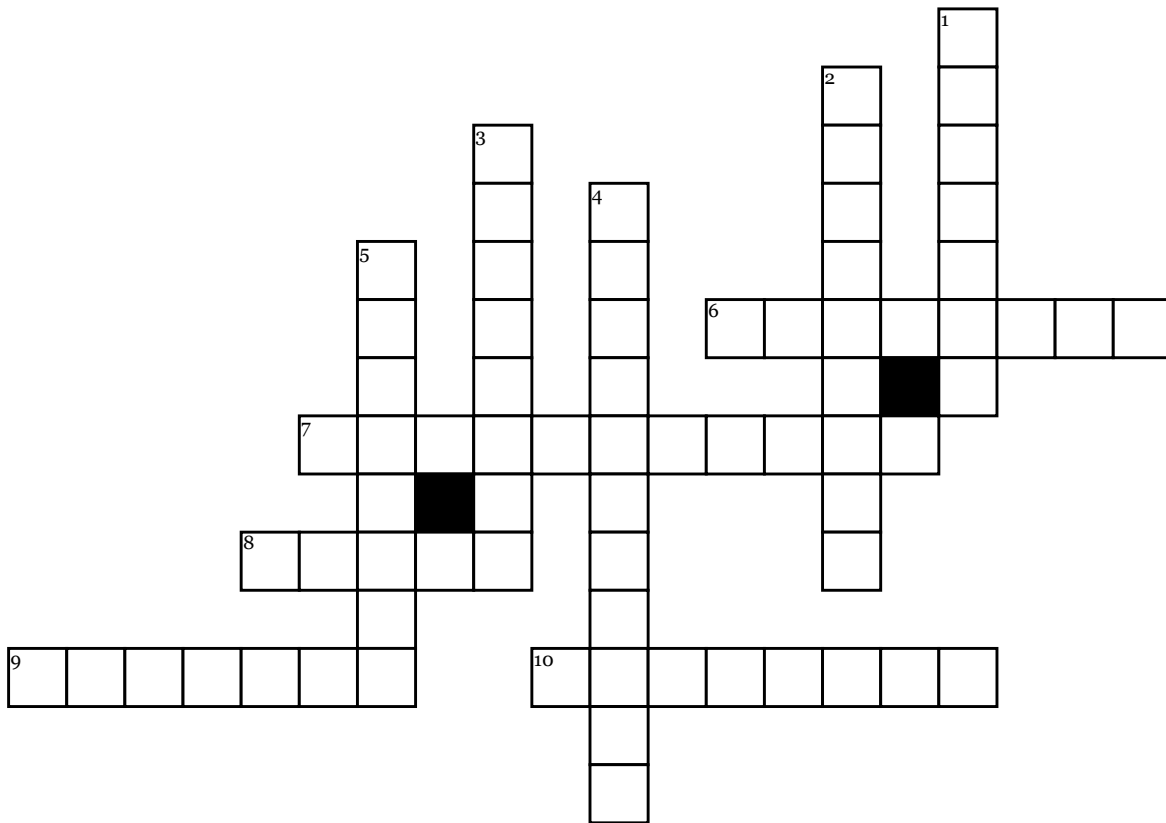


Name: _____

Date: _____

Staying Active



Across

6. What type of exercise makes your muscles grow?
7. Lifting weights is counted in Sets and..?
8. Exercise helps reduce this common disease?
9. Which type of exercise helps prevent falls?
10. Jogging is an example of what level of activity?

Down

1. This is one example of Moderate Activity?
2. Which type of exercise increases heart rate and breathing?
3. This helps measure Moderate Activity?
4. Yoga is an example of this type of exercise?
5. You should exercise for 150 minutes at this level of activity?