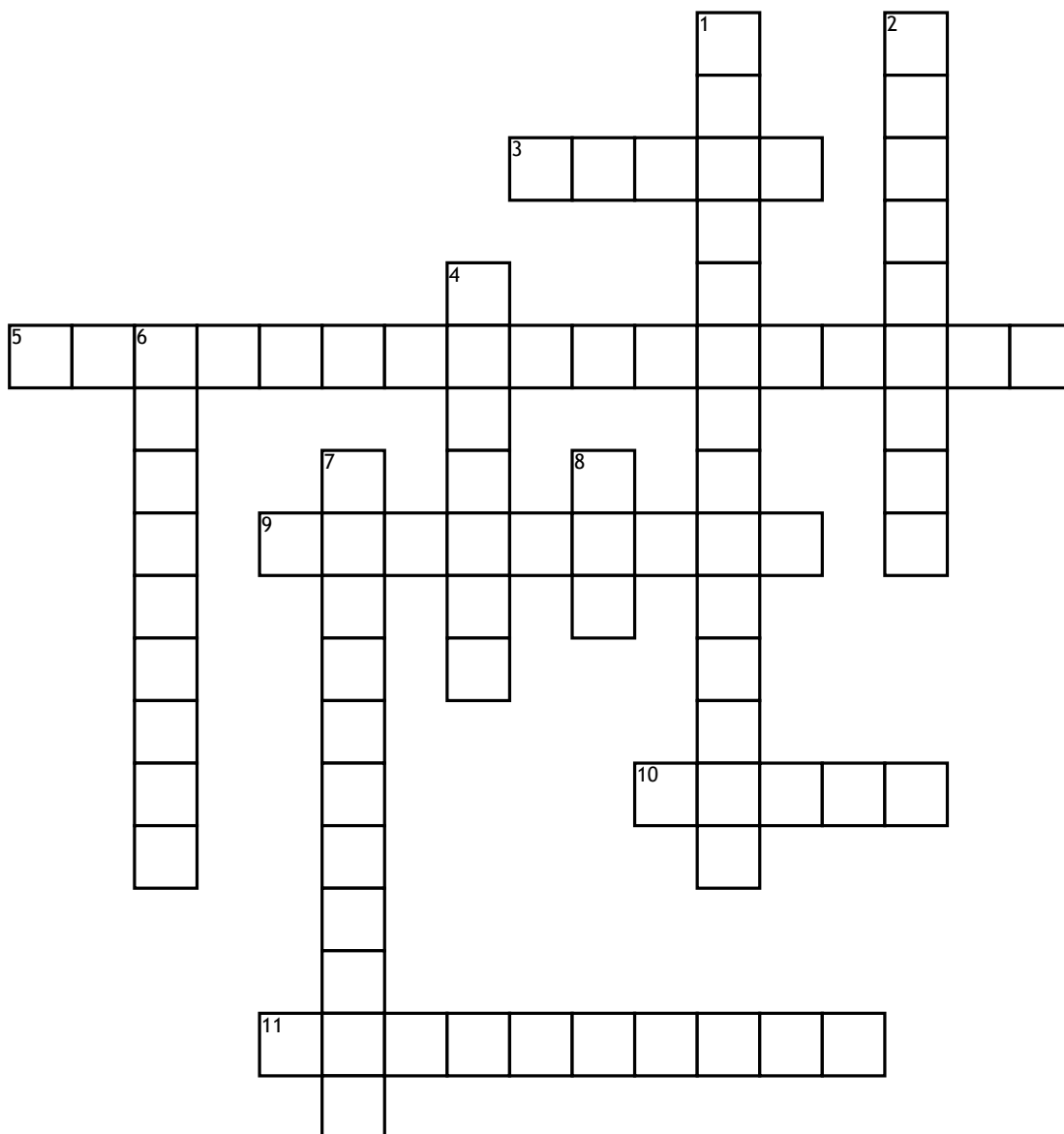


Name: \_\_\_\_\_

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

# Benefits of exercise



## Across

- 3. your ... will become stronger
- 5. by taking part in exercise you will see
- 9. gives you an opportunity to
- 10. playing sport makes you
- 11. your self ... increases

## Down

- 1. you also develop your ... endurance
- 2. sports can provide a mental and ... physical
- 4. can relieve stress and
- 6. exercise releases
- 7. improves your
- 8. you also cope better when you get