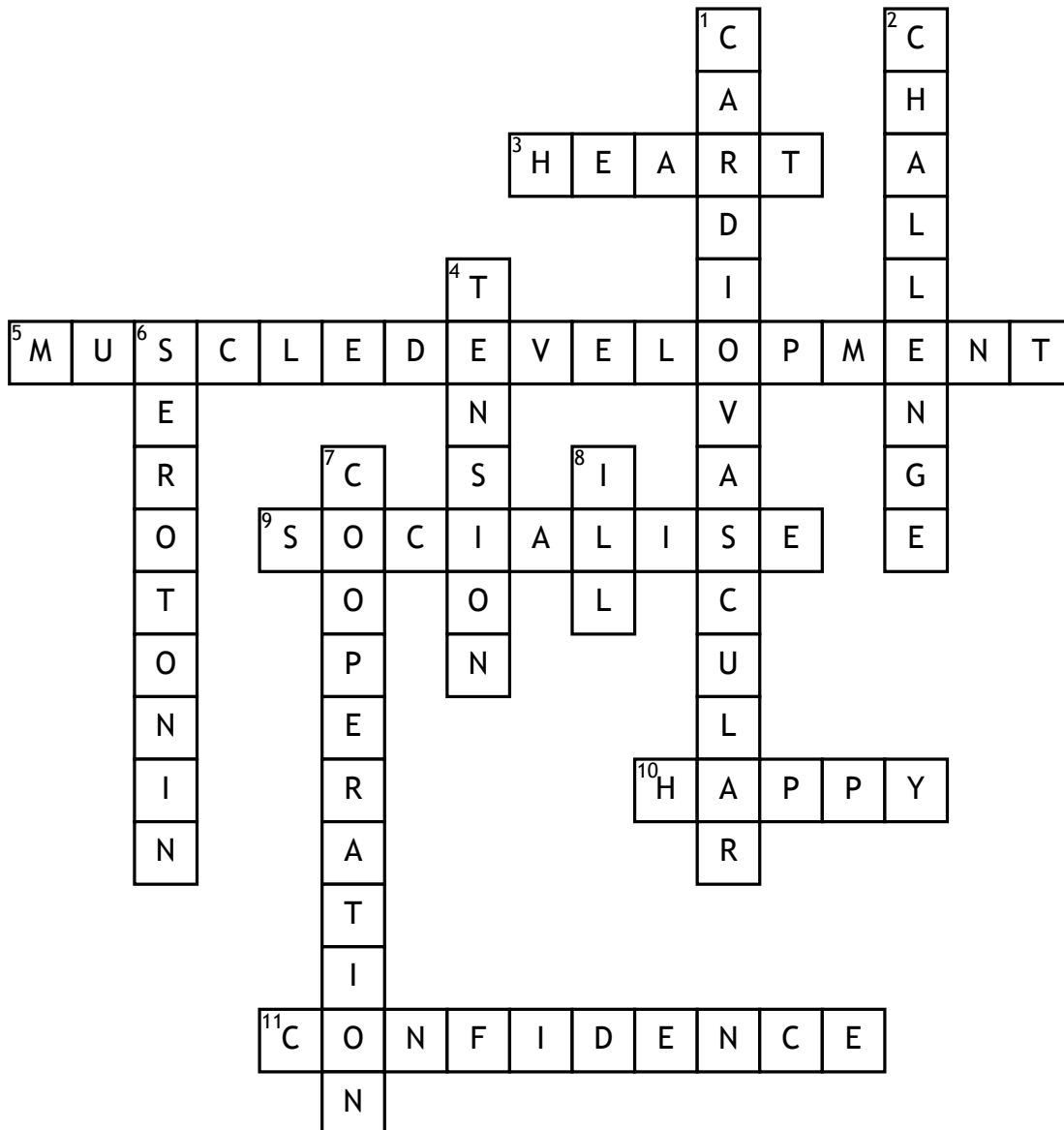


Name: _____

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