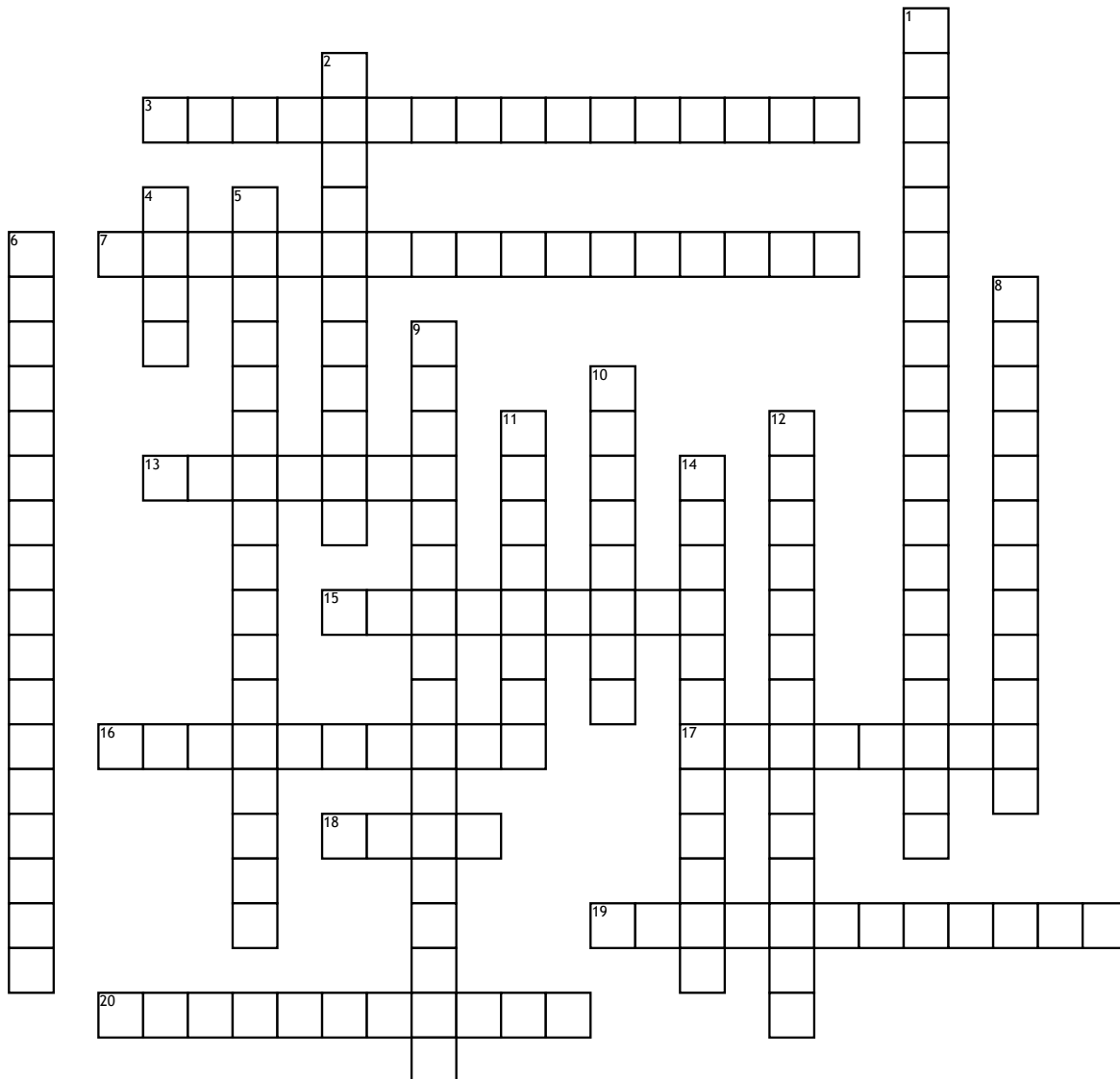


Name: _____

Date: _____

Healthy Life Crossword



Across

3. any activity that burns calories
 7. an activity that strengthens bones
 13. how easily a person can stand without falling
 15. results in pain in joints
 16. the minimum amount of exercise needed a day that you should always meet
 17. physical activity that improves the cardiovascular system
 18. the way you eat daily

19. the well being of your mind
 20. a serious injury especially if you are of an older age

Down

1. an activity that strengthens muscles
 2. a loss of the ability to do everyday activities
 4. emotional state
 5. a condition where your metabolism is abnormal because of fat, low HDL cholesterol, high blood sugar, etc.

6. a more difficult workout such as sprinting for a long period of time
 8. the other leading cause of death in the US besides stroke
 9. an easier workout such as brisk walking
 10. results in abnormal blood sugar
 11. amount of energy you can get with food and burn with exercise
 12. dying at a young age
 14. an example of a moderate-intensity aerobic exercise