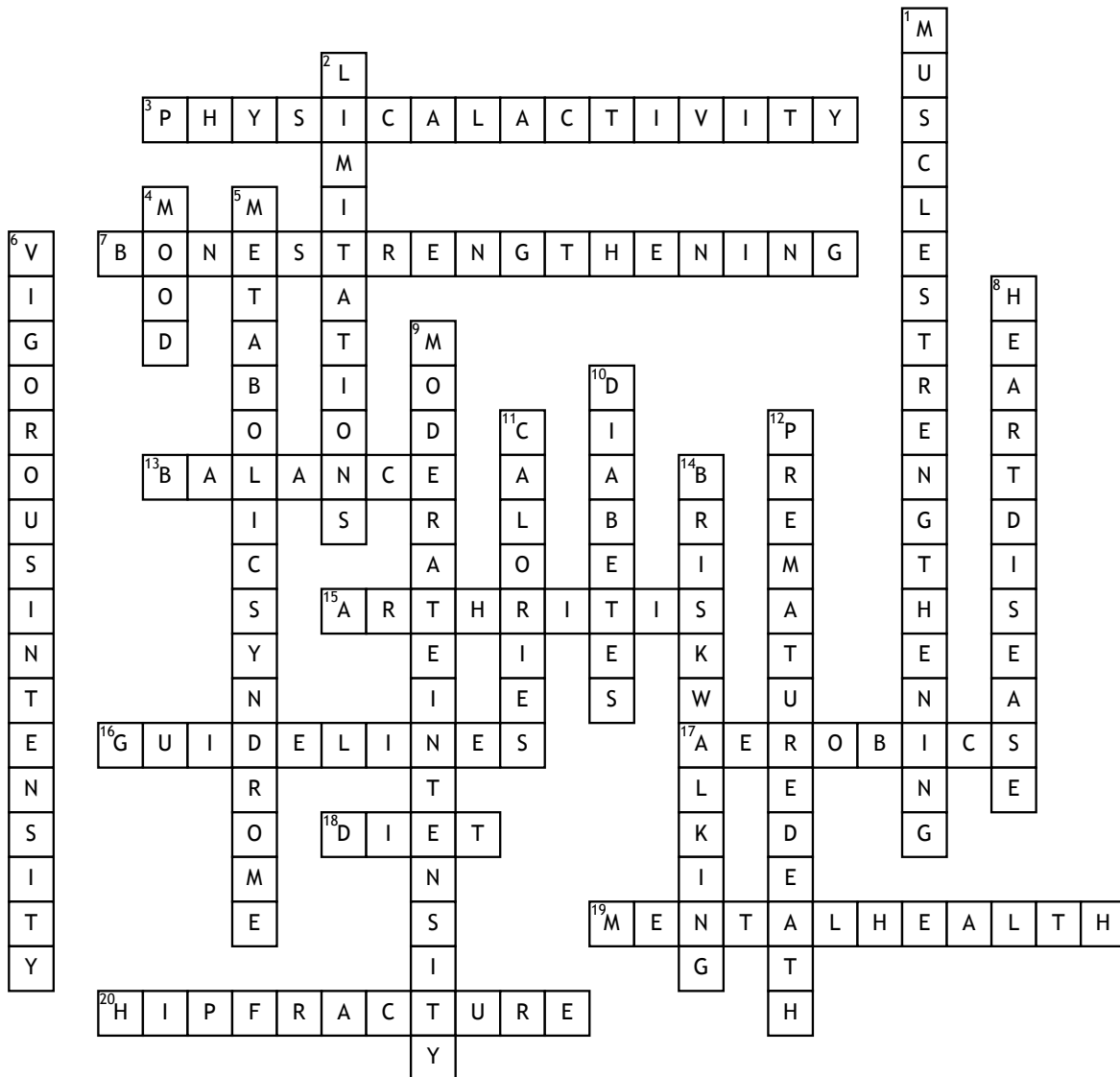


Name: \_\_\_\_\_

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