

Name: _____

Date: _____

10 Benefits of Exercise

Y C E V S M L W E D I K I R B J O C E M S W G Z
L N W I Y D S G F P S G V N W R R K P Z H O A I
X H M X N N P J I A Y F H F A Z F X G G D Z K U
Q D H F H O J Q L E D K E U N Z R L L A T W A I
L R T C D I L O X F B M H N B H A P P I E R W W
W E L J R T L O E C R K E Y W I E R U H V H H K
P Z A Y U S X Q S R E G S S O S G T R X R I S K
F H E M B E B C R N N I Y E P V O I Z O E N V T
F F H F Q G I A E U R G Z J V B U G V Q I C S G
Z L R Y Y I W M T X U E E E U F A G F Y H R B Y
S W E M Z D Q S T Y B W R W P A C T T B T E E E
L L T F B R C T E R R G A E S O D I A X L A L U
L T T Y V E U R B R H O F Y Y F L Z N B A S A T
C G E X E T K O T J W J M Z N A L O L U E E P T
G P B O E T X N T Q X L U E U U X J E S H D E E
L R Q Z K E I G K R H J J Q M N Y Z V O C E G S
S Z X K N B I B G I X W P J T R N C N S B N R K
B R I L B N G O B Z G E L M D G E Z K I T E J Y
Y O G E N K V N Z H E Q C U L J A T T H M R G C
Q K P J S J T E Q L T Q M P L Z Z F T K J G V H
B R V K O N P S S T C G F J H N S T O E L Y F Y
Q O P J S E S S E N L L I T N E V E R P B D L M
O P Z D E M N I E C J R N K F K L U Z M R Z I Q
E C B Y W H L G D K O L K Z Z K D J P L M E P D

Prevent illnesses

Better digestion

Increased energy

Better sex life

better Memory

Sleep Quality

Better health

Strong bones

Healthier

Happier