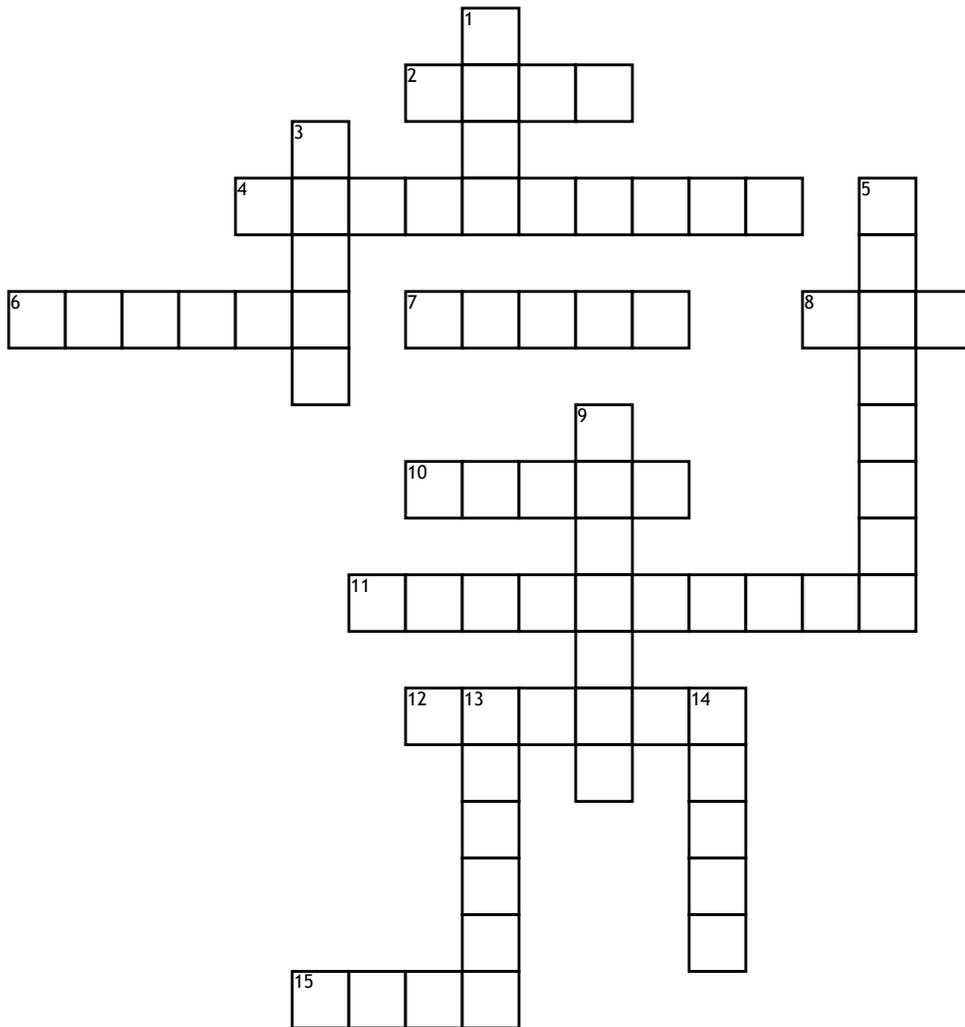


# Activity for Healthy Living with Diabetes



## Across

2. Physical activity can help with weight \_\_\_\_\_.
4. I should check my \_\_\_\_\_ before, during, and right after physical activity.
6. Strength training can build \_\_\_\_\_.
7. Physical activity can lower \_\_\_\_\_ sugar levels.
8. Can I participate in most physical activities with diabetes?

10. What should I drink before, during, and after physical activity?
11. I should wear \_\_\_\_\_ shoes to exercise.
12. I should take the \_\_\_\_\_ instead of the elevator.
15. Physical activity can improve the blood flow throughout the \_\_\_\_\_.

3. Physical activity can improve your \_\_\_\_\_.
5. Physical activity can lower blood \_\_\_\_\_.
9. Hiking, swimming, and dancing are examples of \_\_\_\_\_ exercise.
13. How many minutes should I exercise?
14. I should eat a small \_\_\_\_\_ with carbohydrates before exercise.

## Down

1. Physical activity can improve your \_\_\_\_\_.

## Word Bank

- |             |        |          |            |        |
|-------------|--------|----------|------------|--------|
| Snack       | Stairs | Pressure | Mood       | Sleep  |
| Yes         | Loss   | Aerobic  | Body       | Muscle |
| Blood Sugar | Blood  | Thirty   | Supportive | Water  |