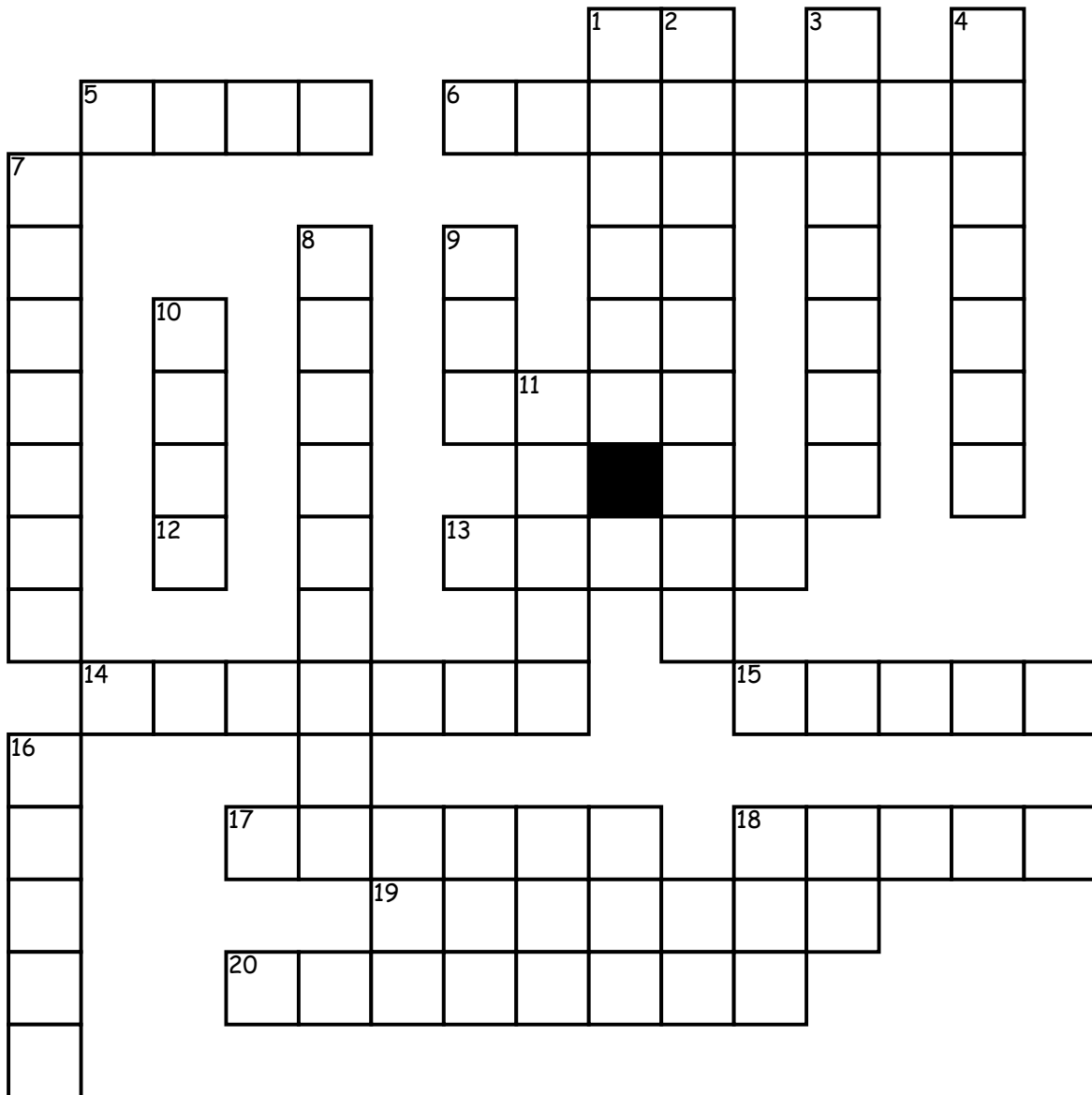


Exercise & Nutrition



Across

5. Having a good nutrition helps your _____.

6. _____ is healthy for your body.

12. What type of vitamin _____ do you get from orange juice?

13. It's important we have health _____.

14. Nutrition is found in _____.

15. helps reduce _____ pressure in some adolescents.

17. Exercise helps you release _____.

18. Eating _____ is bad for your body.

19. _____ is fun to do.

20. Helps your mental _____.

Down

1. dietary changes can improve heart _____.

2. Eating _____ in the morning helps you throughout the day

3. How many _____ you need for exercise.

4. Only 90 _____ of people exercise

7. _____ is good way to exercise.

8. Our health is _____.

9. Helps control weight, build lean muscle, and reduce _____.

10. By eating right everyday you feel _____.

11. Exercise increases the birth of new _____.

16. Helps build and maintain healthy _____ muscles, and joints