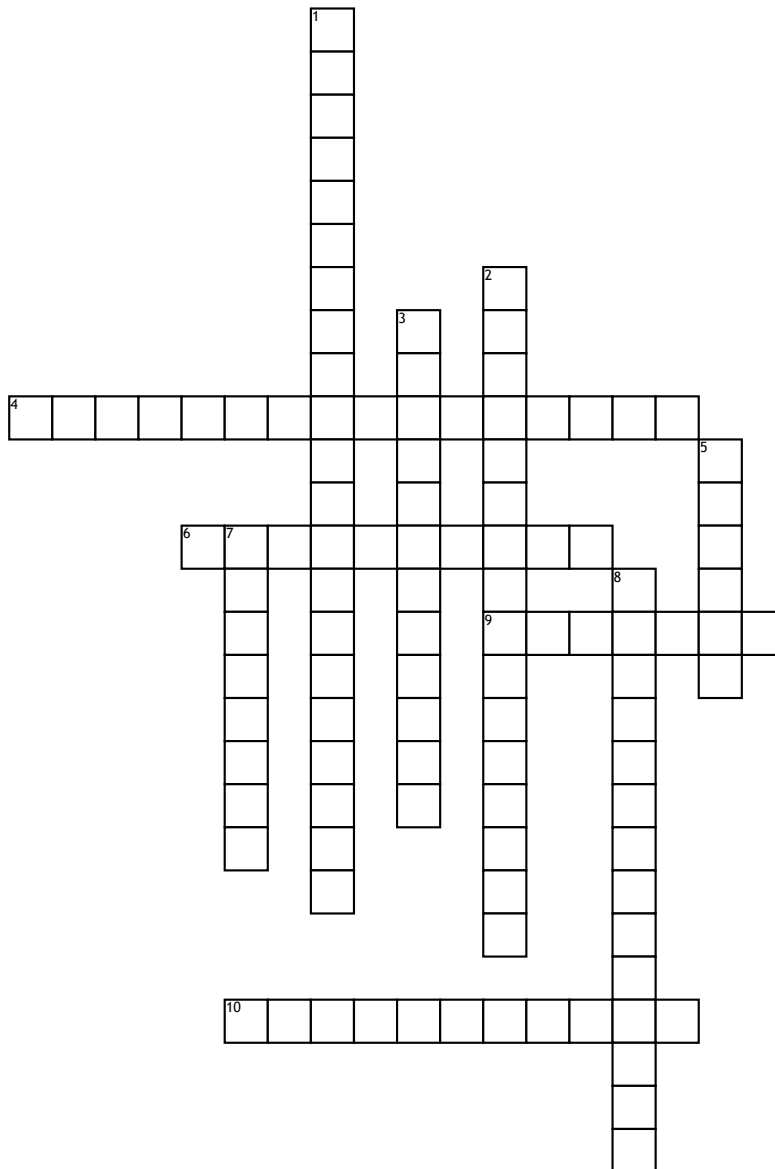


Name: _____

Date: _____

Exercise effects on the elderly population



Across

4. A psychological benefits to exercise that affects the brain

6. The loss of bone is called

9. Tendency to rapidly _____ when exercising

10. An age related condition that relates to the heart

Down

1. A social benefit to regular physical activity

2. What are the two biggest risks for the elderly

3. The WHO say regular exercise can reduce the risk of having a hip fracture by.

5. Older adults take longer to

7. A recommended physical activity for the elderly population

8. Regular physical activity can increase