



ACROSS

4. A type of exercise used to strengthen stomach muscles: _____-ups.
6. Health advice: _____ smoking.
9. A place where people work out.
10. How long you can keep doing an activity.
12. A type of nutrition you can get from meat.
14. Exercise: _____ out.
16. An activity you do on a mountain trail.
22. A type of exercise done with a rope.
23. Not healthy: _____ of shape.
24. Health advice: Cut _____ on junk food.
27. Calcium, sodium, and potassium.
29. People on a diet often count the _____ they eat.
30. A good mix of healthy food: A _____ diet.
32. Step on a _____ to check your weight.
33. See a doctor once a year: Have a _____ up.

DOWN

1. _____ weights to gain strength.
2. A relaxing exercise that involves lots of stretching.
3. A type of exercise: _____ jacks.
5. Someone who helps you plan your exercise.
7. An activity you do in a pool.
8. A health concern: High _____ pressure.
11. Fast-paced exercise that is usually done to music.
13. A type of exercise to strengthen your arms and shoulders: _____-ups.
15. Try to get healthy: Get in _____.
17. An activity you can do in the park.
18. Racket sports and video games can improve your hand-eye _____.
19. Another word for stamina.
20. Something you use to dry yourself off.
21. You should _____ your muscles before you do hard exercise.
25. A person who plays a sport.
26. How fast you pump blood: Your _____ rate.
27. Tissue that helps your body move.
28. How fast you do something.
30. Hard tissue that helps supports your body.
31. One way to lose weight: Go on a _____.