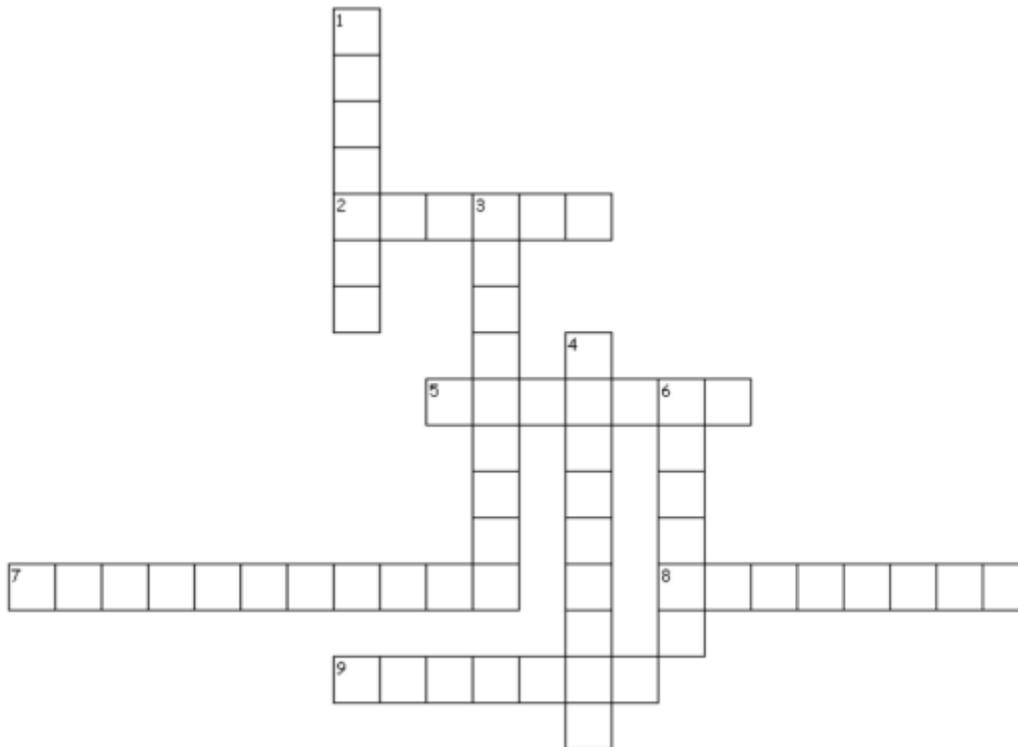


Benefits of Exercise (from NIHSeniorHealth.gov Quizzes)



Across

2. As you become more active you will notice that you have more of this
5. Lack of physical activity can lead to
7. These types of exercises can improve your ability to reach for items
8. Try doing these types of exercises to improve your ability to carry a small grandchild
9. Tai chi is a type of exercise that improves this

Down

1. To keep exercise interesting and fun, you should try a "blank" of activities
3. To maintain their health, older adults should try to be active
4. Type of exercises that make it possible for you to walk farther, faster, or uphill are called this.
6. Regular, moderate physical activity can help you to manage