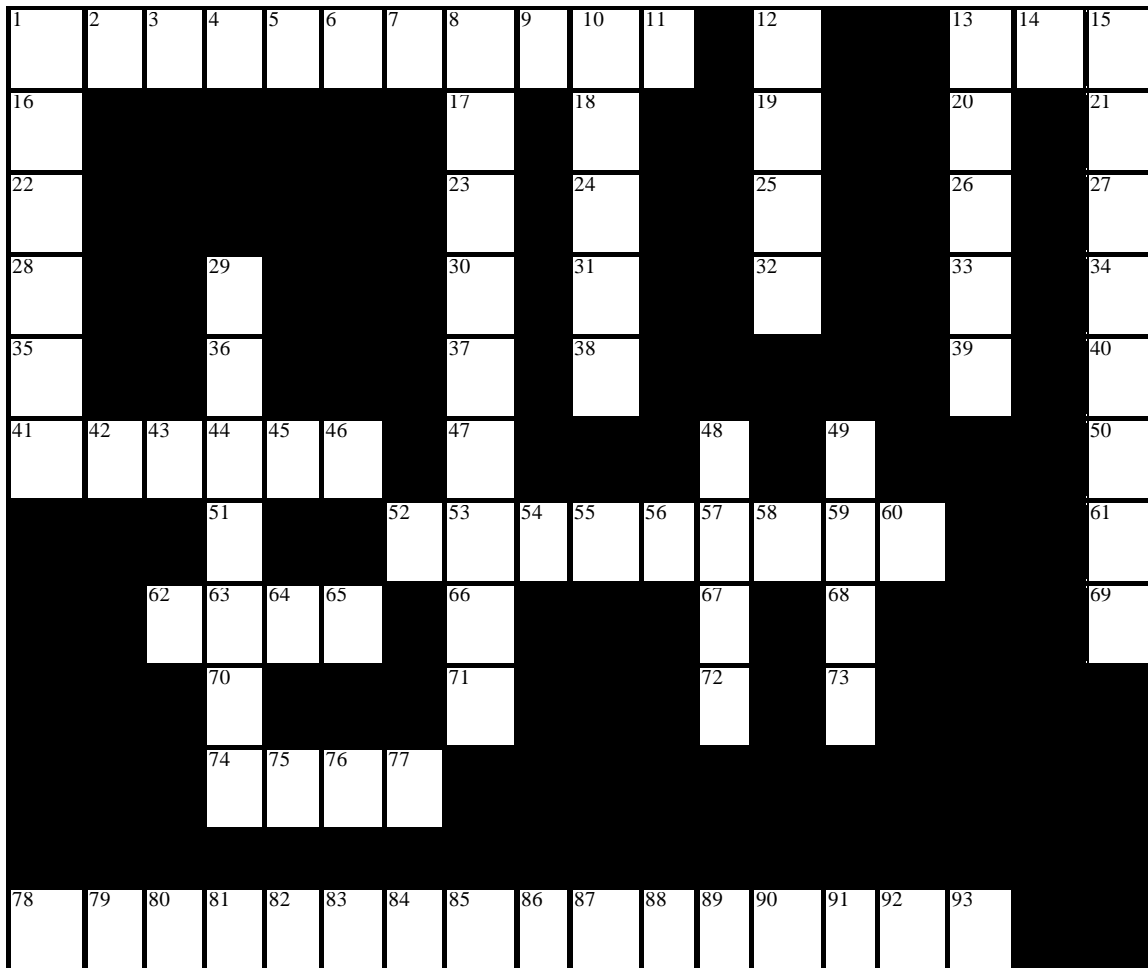


## "GAME UP FOR WELLNESS" CROSSWORD PUZZLE



### ACROSS

1. A component of a comprehensive fitness program.
13. Excess body \_\_\_ negatively influences the ability to perform physical tasks; it also poses a serious threat to health.
41. Exercise helps to control \_\_\_\_\_.
52. \_\_\_\_\_ blood pressure is a physiological benefit of exercise.
62. The most successful weight loss programs consist of \_\_\_\_\_ and exercise.
74. A major style of exercise that includes stretching is \_\_\_\_\_.
78. Fish is also a good source of \_\_\_\_\_.

### DOWN

1. They protect your body from the damage caused by free radicals.
8. Overuse injuries are due to cumulative, continuous stresses on the tendons, bones, and \_\_\_\_\_ during exercise.
10. Someone new to regular physical activity should try to exercise at least \_\_\_\_\_ times per week.
12. Contributor for hypertension.
13. \_\_\_\_\_ fruits and vegetables are better.
15. Common reason for not exercising.
29. Risk factors for type 2 diabetes include \_\_\_\_\_.
48. A major reason to reduce your intake of soda is weight \_\_\_\_\_.
49. One precaution you should take to prevent \_\_\_\_\_ stress is to avoid dehydration.