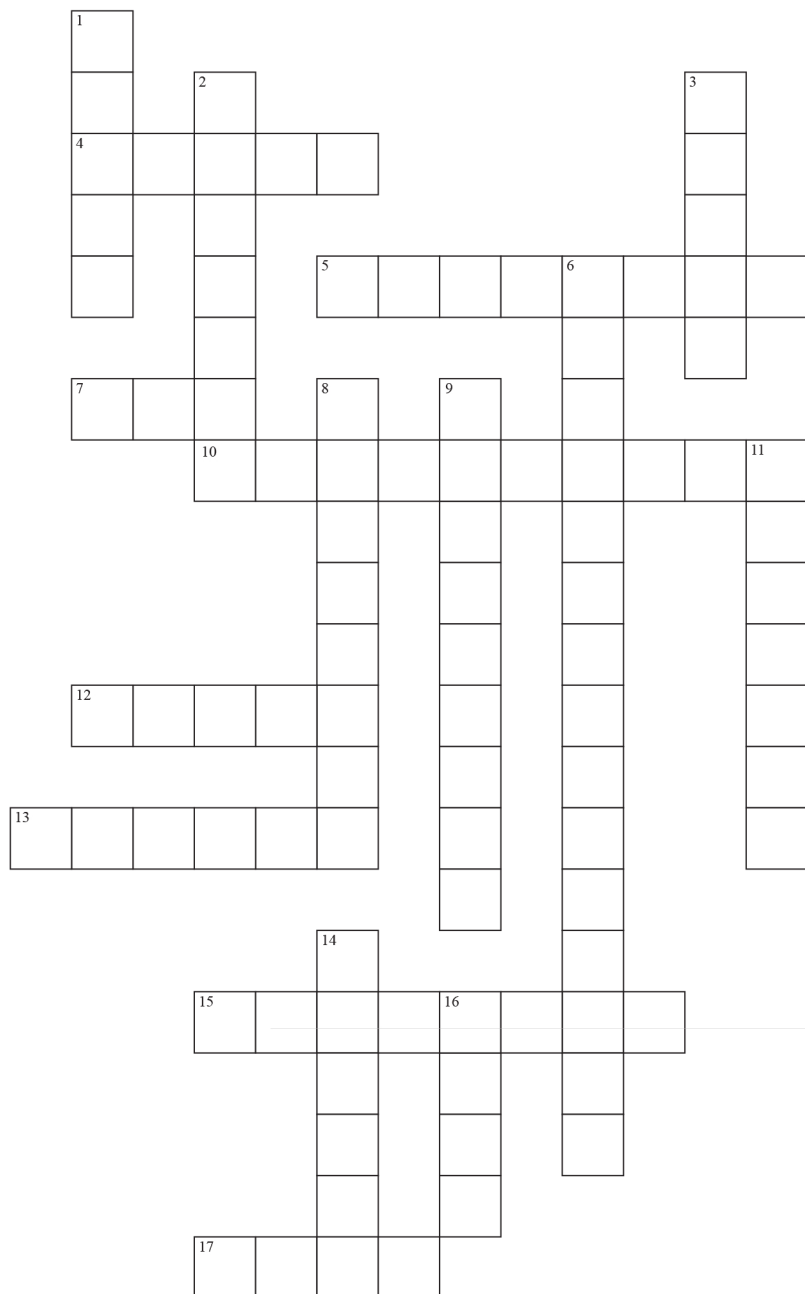




CROSSWORD PUZZLE

Receive **50 bonus points** for successfully completing the Solving the Puzzle of Moving More Crossword Puzzle. Clues to the answers can be found by reading your weekly Solving the Puzzle of Moving More newsletters. Don't forget to record your bonus points on your log sheet.



CROSSWORD PUZZLE CLUES

Across:

4. Track your physical activity with one of these
5. Sodas and fruit drinks are packed with these
7. Physical activity can be _____
10. 2008 Physical Activity _____ for Americans
12. Being physically active helps to prevent _____ disease and stroke
13. Take these instead of an elevator
15. Activity performed in the water
17. Increases flexibility

Down

1. A person who will exercise with you
2. Aerobic activity you can do anytime and anywhere
3. Should fit properly to prevent injury
6. Used to strengthen muscles
8. Physical activity decreases the risk of this
9. Increases during aerobic physical activity
11. Part of Week Three theme
14. An aerobic activity, alternative to driving
16. Enjoy _____ fruits and vegetables



Wellness Program
Inspiring a Healthy Lifestyle

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WORKWELL NC TURNKEY PROGRAM
SOLVING THE PUZZLE
OF MOVING MORE