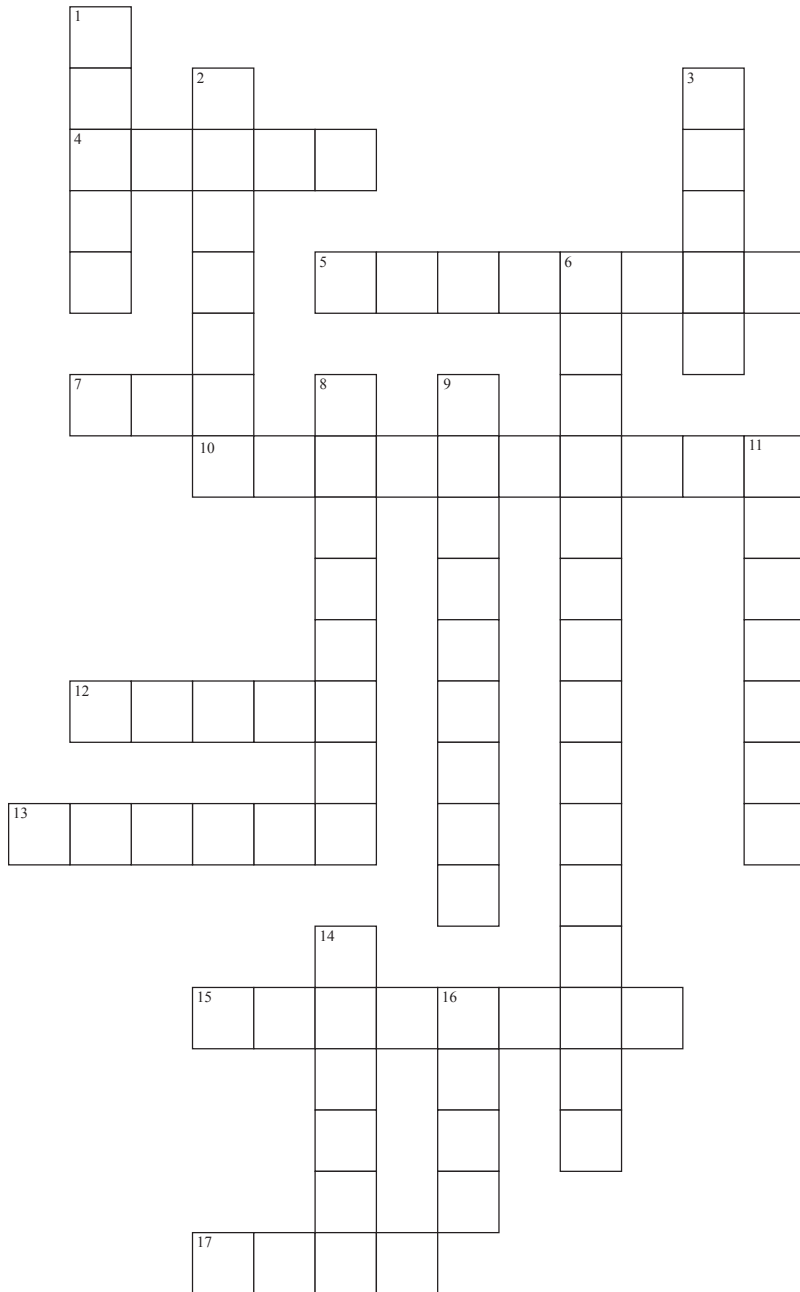




# CROSSWORD PUZZLE

Receive 10 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
- 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