



PUZZLE

Exercise Word Scramble



Name: _____ Date: _____

Each scrambled word contains one extra letter. Unscramble the words and place the extra letter in the last column. Then read the extra letters vertically to see the word of the month.

Clue and scrambled word	Answer	Extra letter
1. Exercise helps you think more lelcyapr .		
2. When you exercise, you're lowering your risk for high blood upreseres .		
3. When you exercise, your risk for heart disease and etorrsk goes down.		
4. Exercise also helps strengthen your muscles and sbosne .		
5. Adults should get 150 minutes of moderately intense eriacobe activity each week.		
6. Adults should do strength training exercises at least otvw days a week.		
7. Exercise can help improve job performance, as it improves your mmeyero .		
8. To build more activity into your workday, stand up and scrtreth every 30 to 60 minutes.		
9. To move more, take the sastria rather than the elevator.		
10. During the workday, you can sneak in some exercise by doing a few nsusqta before sitting down.		
11. Strength training activities that don't require weights include planks, push-ups, and sclgune .		
12. To find an exercise program that's a good fit for you, think about yewh you want to exercise.		

Word of the month: _____ ♦

