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Activité physique et la santé

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| **Across**  **6.** D'équipe ou individuel  **7.** Partie du corps qui nous fait bouger  **8.** Dormir dans mon lit pour au moins 8h  **9.** défini la propreté d'une personne  **10.** Permet de faire de l'activité physique longtemps | **Down**  **1.** Activité physique pour rester actif  **2.** bien manger et boire beaucoup d'eau en sont des exemples  **3.** Monter le niveau d'endurance (de cardio)  **4.** Être capable de faire des mouvements de grande amplitude et de bien s'étirer  **5.** Ce qui nous permet de respirer |