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Benefits of exercise

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| **Across**  **3.** your ... will become stronger  **5.** by taking part in exercise you will see  **9.** gives you an opportunity to  **10.** playing sport makes you  **11.** your self ... increases | **Down**  **1.** you also develop your ... endurance  **2.** sports can provide a mental and ... physical  **4.** can relieve stress and  **6.** exercise releases  **7.** improves your  **8.** you also cope better when you get |