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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  |