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Healthy Life Crossword

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| **Across**  **3.** any activity that burns calories  **7.** an activity that strengthens bones  **13.** how easily a person can stand without falling  **15.** results in pain in joints  **16.** the minimum amount of exercise needed a day that you should always meet  **17.** physical activity that improves the cardiovascular system  **18.** the way you eat daily  **19.** the well being of your mind  **20.** a serious injury especially if you are of an older age | **Down**  **1.** an activity that strengthens muscles  **2.** a loss of the ability to do everyday activities  **4.** emotional state  **5.** a condition where your metabolism is abnormal because of fat, low HDL cholesterol, high blood sugar, etc.  **6.** a more difficult workout such as sprinting for a long period of time  **8.** the other leading cause of death in the US besides stroke  **9.** an easier workout such as brisk walking  **10.** results in abnormal blood sugar  **11.** amount of energy you can get with food and burn with exercise  **12.** dying at a young age  **14.** an example of a moderate-intensity aerobic exercise |