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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 |