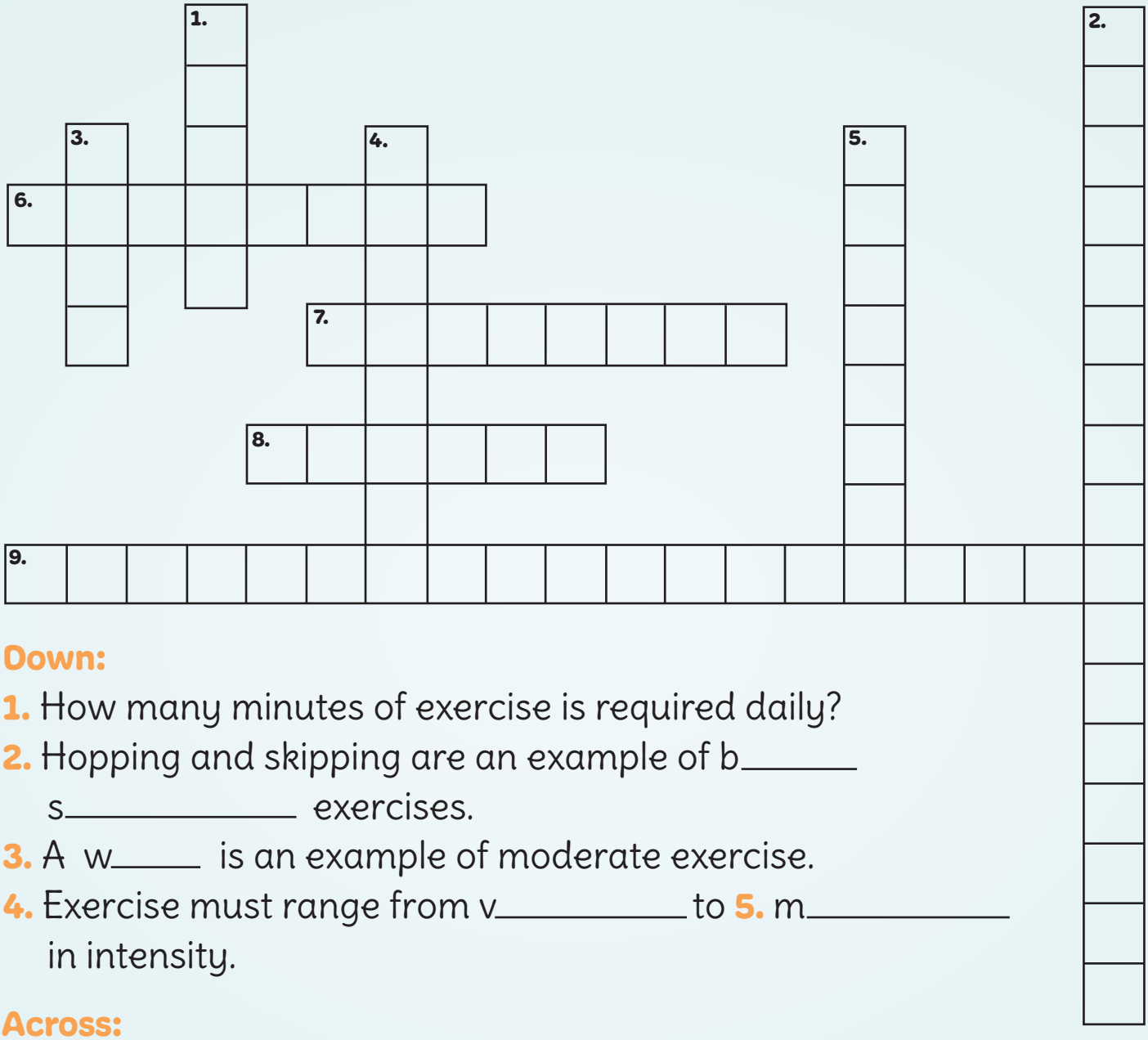
Physical Activity and Increased Body Care



Down:

1. How many minutes of exercise is required daily?

2. Hopping and skipping are an example of b_____ s_____ exercises.

3. A w_____ is an example of moderate exercise.

4. Exercise must range from v_____ to **5.** m_____ in intensity.

Across:

6. Showering is important to prevent the build up of b_____ on our skin.

7. F_____ is an example of vigorous intensity exercise.

8. With the exception of post strenuous exercise we should s_____ every second day.

9. Pull-ups and sit-ups are examples of m_____ s_____ exercise.