

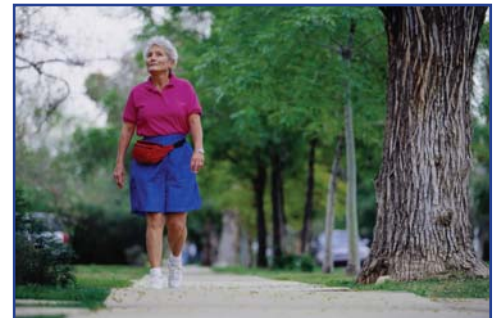


Exercise: the Best Prescription!

Physical activity can help seniors feel better about themselves and about life in general. This puzzle contains the names of 20 conditions and body systems that are improved by adding physical activity to our daily lives. Can you find them all?



CHOLESTEROL
DEMENTIA
DEPRESSION
DIABETES
DIGESTION
FALL RISK



IMMUNE SYSTEM
MEMORY
OBESITY
OSTEOPOROSIS
RESPIRATION
STAMINA
STRESS
STROKE

ANXIETY
APPETITE
ARTHRITIS
BLOOD PRESSURE
CANCER
CARDIOVASCULAR