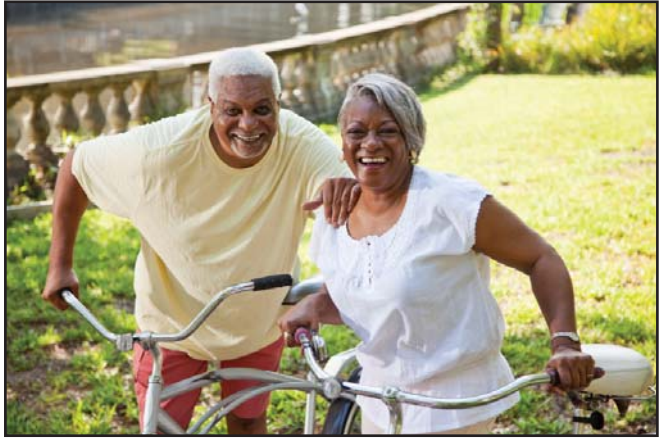


Exercise and Healthy Aging Word Scramble



Unscramble the words below to find nine areas of health that benefit from physical activity. When you're done, unscramble the circled letters to find yet another aspect of wellness that exercise improves. (Answers at the bottom of this sheet.)

TEHRA

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BIRNA

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NUSLG

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SLUCESM

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RYMMOE

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NEOSB

--	--	--	--	--

LEPES

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DOMO

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TIJNOS

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Solution to "Exercise and Healthy Aging Word Scramble": HEART, BRAIN, LUNGS, MUSCLES, MEMORY, BONES, SLEEP, MOOD, JOINTS. Final phrase: IMMUNE SYSTEM.