

Exercise: the Best Prescription!



It seems as if every week, a new medical study demonstrates that when it comes to healthy aging, exercise is the single best thing we can do. 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?

ANXIETY
 APPETITE
 ARTHRITIS
 BLOOD PRESSURE
 CANCER
 CARDIOVASCULAR
 CHOLESTEROL
 DEMENTIA
 DEPRESSION
 DIABETES
 DIGESTION



FALL RISK
 IMMUNE SYSTEM
 MEMORY
 OBESITY
 OSTEOPOROSIS
 RESPIRATION
 STAMINA
 STRESS
 STROKE