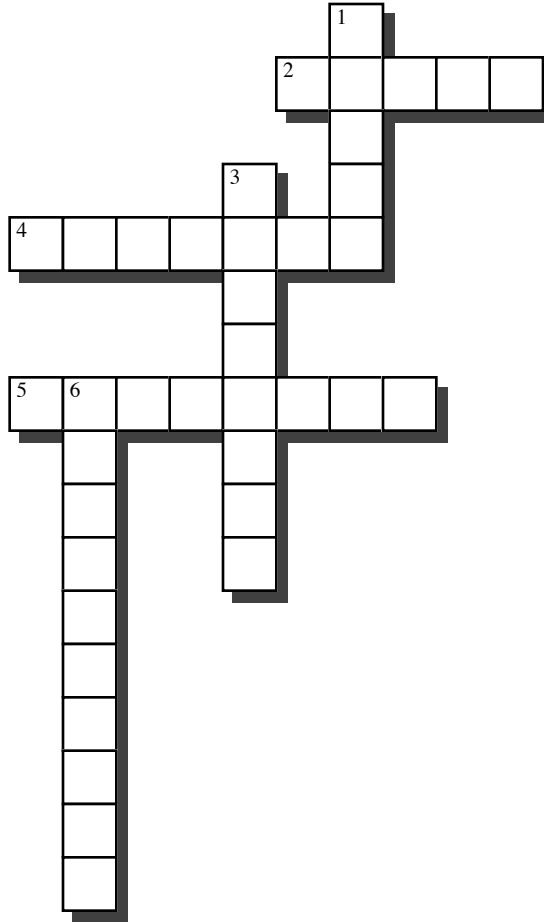


Chapter One Puzzle

Instructions: Fill in each answer by answering the clues below.



Across Clues

- activities such as walking slowly and light stretching are considered _____ intensity (5)
- an excess of body fat (7)
- (8)

Down Clues

- the number of minutes recommended for young people to participate in moderate intensity physical activity (5)
- activities such as jogging, swimming laps, or tennis singles (8)
- (10)