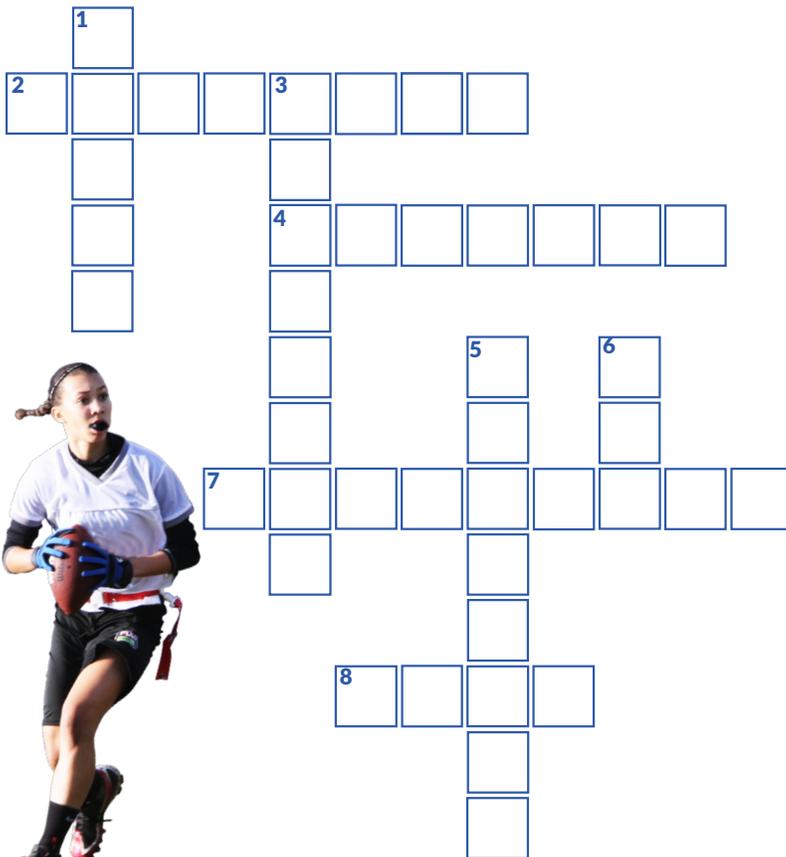




BUILDING MUSCLE

Read this paragraph about daily physical activity, then use what you learn to complete the crossword puzzle.

Experts suggest 60 minutes of physical activity per day, but that doesn't mean you have to hit the gym every day for an hour. Take a brisk 20-minute walk at lunch. After school, practice a dance you learned online with your friends for another 30 minutes. Add in 10 minutes to walk your dog after dinner and you've met your 60-minute health goal! Keep it up, and you'll find that daily physical activity has multiple benefits, from reducing feelings of anxiety and improving sleep to reducing the risk of chronic diseases down the road. It also helps improve bone health, weight status, and cardiorespiratory and muscular fitness in children and adolescents. Daily physical activity can even improve cognition, which translates to better academic performance. It's the smart way to lead a healthy lifestyle!



ACROSS

2. Exercising can reduce the risk of chronic _____ down the road.
4. Daily physical activity can help reduce feelings of _____.
7. Daily physical activity is important for a healthy _____.
8. A brisk _____ can help you achieve your daily physical activity goal.

DOWN

1. How many minutes per day should you be physically active?
3. Improved cognition can help what kind of performance?
5. Regular daily physical activity has been found to improve _____ fitness.
6. We all need physical activity every _____.



Download the new *Fuel Up to Play 60 Student Zone App* at [Google Play](#) or the [App Store](#). You could win NFL experiences and prizes for your school!



IT'S YOUR TURN! Think about physical activity that you like to do. On the back of this sheet, map out a plan for the week so they you get at least 60 minutes of physical activity daily doing things you enjoy. Check out the *Fuel Up to Play 60 Playbook* at www.fueluptoplay60.com/resources/playbooks or inspiration. And bring a friend or family member along to join you for more fun!



AMERICAN DAIRY ASSOCIATION

