



# Make Fitness Your Top Resolution

Words having to do with the benefits of exercise are hidden in this puzzle. Give your brain a workout by finding them all – and then get out and add physical activity to your life to start the year out right!



BALANCE  
BONE HEALTH  
BREATHING  
CARDIOVASCULAR  
COGNITION  
ENDURANCE  
FALL PREVENTION  
FLEXIBILITY  
IMMUNE SYSTEM  
INDEPENDENCE  
LIGAMENTS  
MEMORY  
MOOD BOOST  
MUSCLES  
OXYGEN  
STAMINA  
STRENGTH  
STRETCHING  
WELLNESS