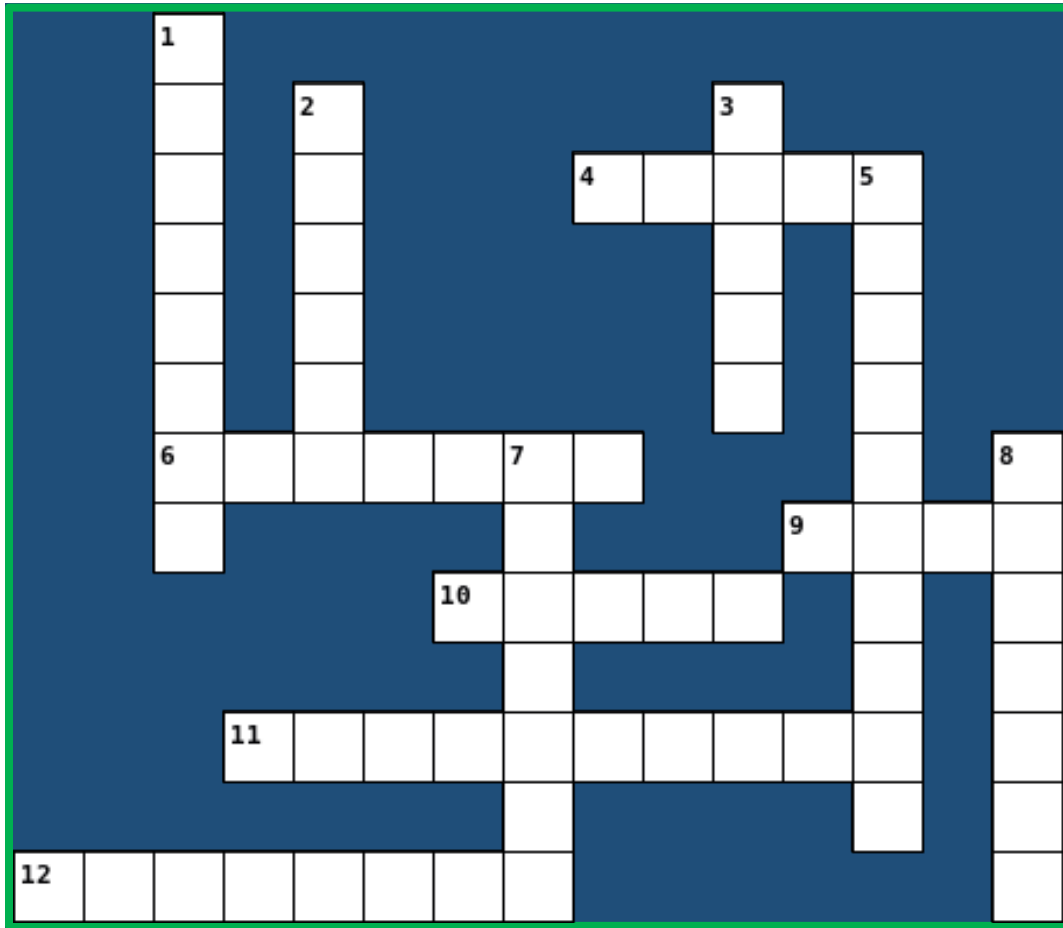


## Harford County Parks and Recreation Weekly Crossword Puzzle Improving Physical and Mental Health at Home



### Across

### Down

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| <p>4. A body resistance core exercise that requires one to hold a pushup-like position for as long as possible.</p> <p>6. With proper form, this exercise is great at strengthening your chest, shoulders, triceps, and core.</p> <p>9. These types of exercises focus on and can improve your strength, flexibility, posture, and breathing.</p> <p>10. It's important to get adequate and uninterrupted amounts of quality _____.</p> <p>11. A stress reducing activity that can improve your mental and physical health.</p> <p>12. A popular core exercise similar to sit-ups.</p> | <p>1. Swing it over your head and under your feet for a great cardio workout (2 words).</p> <p>2. This exercise uses a chair-sitting motion to challenge your leg muscles.</p> <p>3. Zumba and Ballet are considered types of _____, that are both fun ways to exercise.</p> <p>5. This combat fighting sport can also be performed individually as a full body workout.</p> <p>7. An exercise method focusing heavily on core strength, as well as flexibility and posture.</p> <p>8. This everyday cardio exercise is one of the easiest and least tasking on your body.</p> |
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