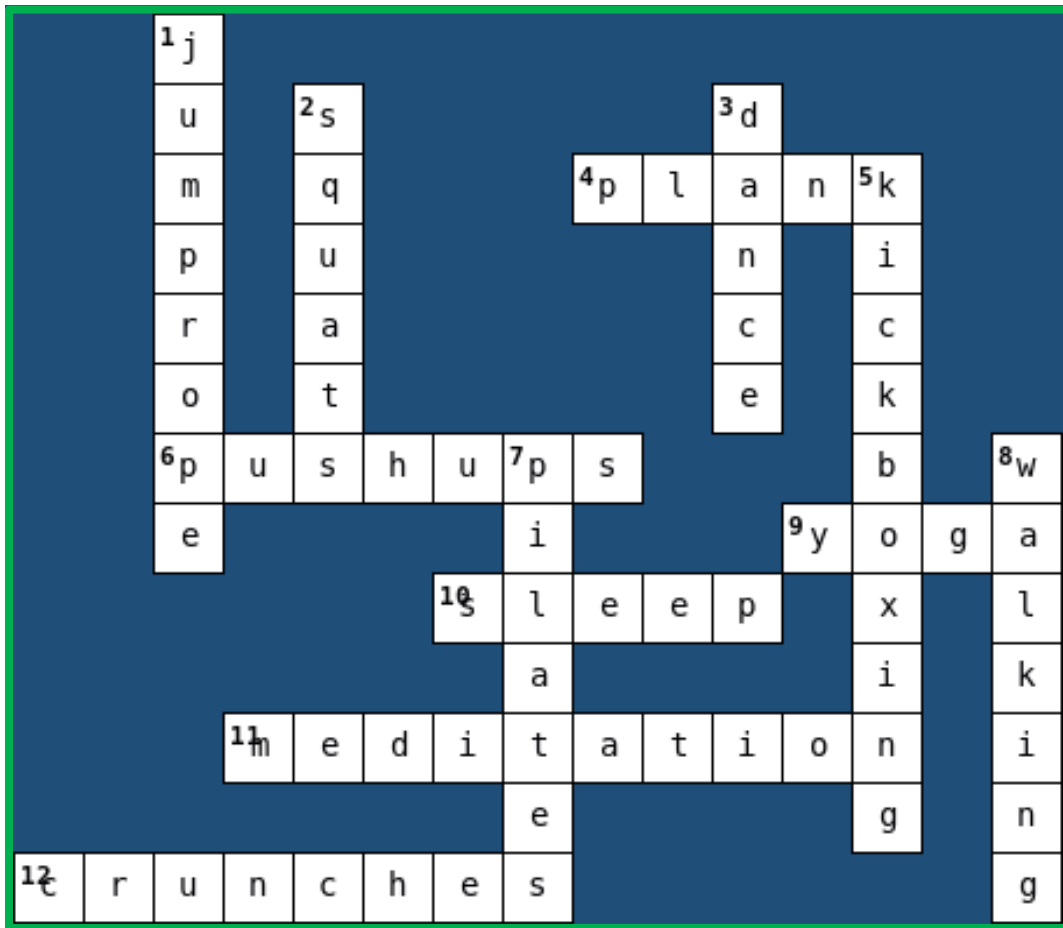


Harford County Parks and Recreation Weekly Crossword Puzzle Improving Physical and Mental Health at Home



Across

Down

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

