



Chronic Conditions JuMbLe



Your Health and Wellness Awareness Program

Name: _____

Use the clues to complete each sentence. Then place the shaded letters in order at the bottom of the page to complete the quote. All words can be found in this month's LivingRight® materials.

1. Chronic conditions include heart disease, cancer, type 2 diabetes, obesity, and _____.
2. If you _____, quitting reduces your risk of chronic disease.
3. Only 1 in 10 adults eat the recommended amount of fruit and _____ each day.
4. About _____ of adults do not get enough aerobic exercise.
5. Drinking too much _____ increases a person's chronic disease risk.
6. Even small bouts of _____ provide health benefits.
7. A grilled sandwich has fewer calories than one that's _____.
8. To cut the number of calories in your morning beverage, choose black _____ over a cappuccino.
9. In 2012, 117 million people had at least _____ chronic condition.
10. If you have arthritis, _____ activity can help make it easier to move.
11. Exercise lubricates _____ and strengthens muscles.
12. The Physical Activity Guidelines for Americans recommend that people get at least 150 _____ of activity each week.

“Success is the sum of _____ - repeated day in and day out.” — Robert Collier