

# Word Scramble



Name: \_\_\_\_\_

Unscramble the words below, which are associated with this month's LivingRight materials.

For an added challenge, each scrambled word contains one extra letter. Place this extra letter in the last column. Once you've unscrambled all the words, read the extra letters vertically to complete the bonus message at the bottom of the page.

Clue	Unscrambled Word	Extra Letter
1. Your health will benefit if you replace 30 minutes of sitting with any type of <b>tvememont</b> .		
2. Physical activity can lower your risk for <b>sebidatie</b> and heart disease.		
3. Moderate activity includes walking, biking, and <b>ganncmidi</b> .		
4. Vigorous activity includes swimming, jumping rope, and <b>ggjneoi</b> .		
5. Setting the right <b>idretsi</b> length on your fitness device will help you count steps more accurately.		
6. Using <b>mrrneidels</b> on your watch can help you remember to move every hour or half hour.		
7. A SMART goal is <b>fpsciiel</b> rather than general.		
8. To avoid frustration, set a SMART goal that is <b>btanlaetani</b> .		
9. For quick exercise snack, head to the nearest <b>rcaieasset</b> .		
10. When you exercise, your body releases <b>imsechscla</b> that make you feel good.		
11. Low-intensity exercise can lead to improved <b>nbisar</b> function.		

“Those who do not find time for exercise will have to find \_\_\_\_\_ for \_\_\_\_\_.” — Edward Smith-Stanley