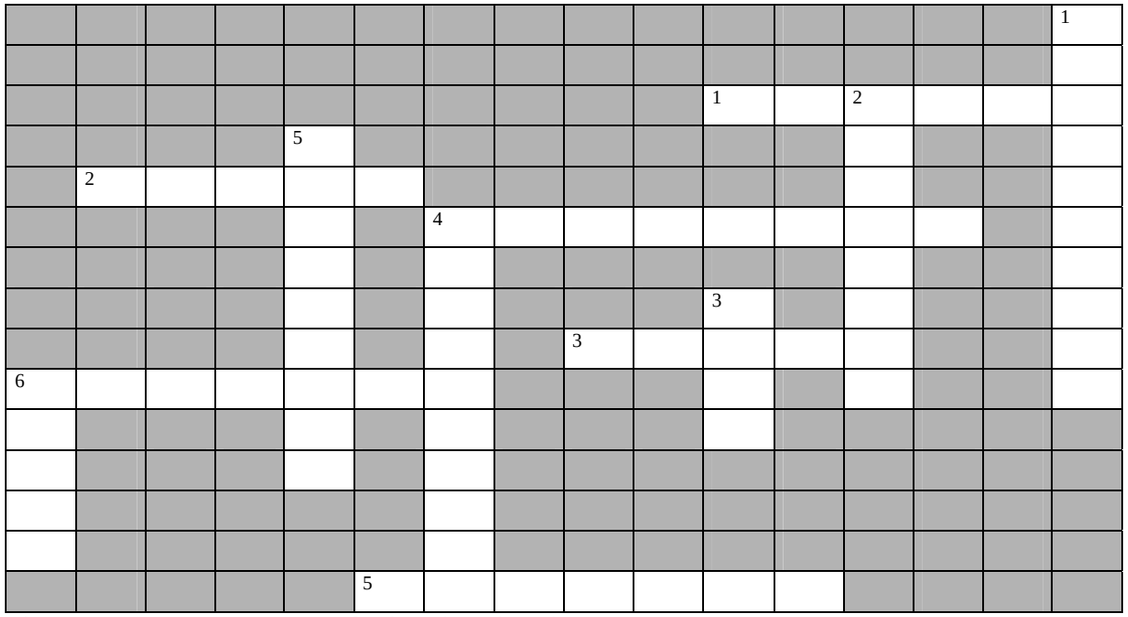

Across *(Hint: answers can be found in the adjacent text.)*

1. Walking builds _____ that helps the body move and have strength.
2. Walking helps to build and maintain this part of the body that is affected by arthritis.
3. This organ is made stronger by walking.
4. Walking lowers the risk factors for this disease.
5. Walking helps to reduce this feeling.
6. Walking helps to improve this, which in turn, can help prevent falls.

Down

1. "An ounce of _____ is worth a pound of cure."
2. Walking improves balance and muscle _____
3. "Just do it." Just _____. *(A specific physical activity.)*
4. Walking reduces feelings of _____.
5. The ability to sustain physical activity – ie., walking – for longer periods of time.
6. These make up the skeleton.

Steps to healthy Aging

Benefits of Walking

- Builds & maintains healthy bones, muscles & joints
- Improves balance and muscle strength
- Prevents falls
- Lowers risk factors for certain diseases
- Makes heart stronger & helps control blood pressure
- Promotes well-being & self-esteem
- Reduces feelings of depression & anxiety

How to Begin

- **Check with your physician before beginning.**
- **Start slowly and add distance as you build endurance.**
- **Walk with a partner, walk in the mall, walk outside…just walk.**

Sponsored by the Oregon Dept. of Human Services/SPD and the Governor's Commission on Senior Services