

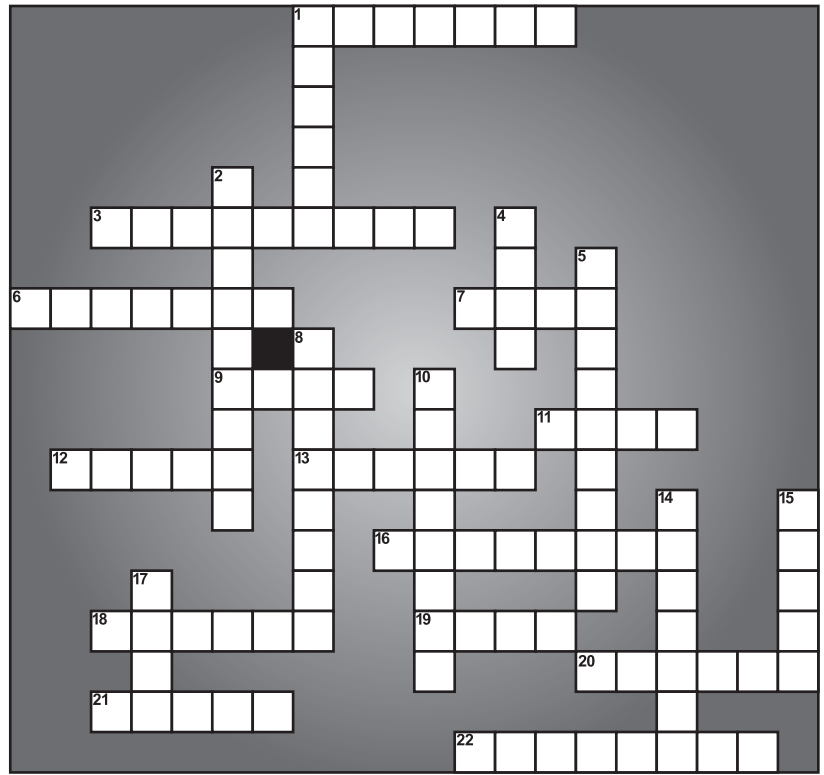
Why? WEIGHT?

Complete this Crossword Puzzle for a chance to win!

Once you have completed the Crossword Puzzle place this entry form in the ballot box. See ballot box for prize details.

Name: _____

Department: _____



Across

1. One of the simplest and most beneficial ways to be active. You can get a pedometer to count the number of steps you take each day.
3. Set these kinds of goals to achieve something on a daily, weekly or monthly basis. They are very important in helping you reach long-term goals.
6. Skipping meals can slow down your body's metabolism and cause you to do this the next time you do eat.
7. To lose weight the healthy way, you need to do 300 minutes of endurance or aerobic activity every week. If you do 1 hour every day, how many days in the week do you need to be active?
9. This provides energy to keep your body working properly.
11. Changing old eating and physical activity patterns will take _____.
12. Set these to achieve weight loss but remember they need to be S.M.A.R.T (specific, measurable, achievable, realistic, and time oriented).
13. Be physically active for at least _____ minutes each day for good health.
16. The use of elevators, drive through bank machines, TV, computers and driving can lead to this kind of lifestyle.
18. Healthy weight loss is slow and steady and means losing no more than 1 to 2 _____ per week.
19. Endurance or aerobic workouts require the right amount of intensity. To figure out if you're exercising at the right intensity you should be able to do this. If you can't _____ at all then you're exercising too hard.
20. The problem with fad weight loss products is that they do not help people develop healthy _____.
21. Keep _____ of what you eat and what you do for physical activity every day.
22. Including _____ activity everyday is the easiest way to increase the amount of energy (calories) you burn.

Down

1. If the foods you eat provide more energy (calories) than you use through metabolism and physical activity, you will gain _____.
2. It may be the most important meal of the day because it provides your body fuel after an overnight fast.
4. This is a great endurance or aerobic activity. Don't do this to your meals because it will probably cause you to overeat at your next meal.
5. When setting goals for losing weight, make sure they are _____.
8. Choose smaller _____ of meats and higher fat foods and eat more vegetables and fruits.
10. This type of physical activity makes our muscles and bones stronger. Examples include: sit-ups, pushups and weight training.
14. This type of physical activity is the kind that gets your heart pumping and has been identified as the most important kind of activity for weight loss.
15. A good way to lose weight is by eating small _____ throughout the day.
17. On the rainbow of Canada's Food Guide to Healthy Eating there are _____ food groups.



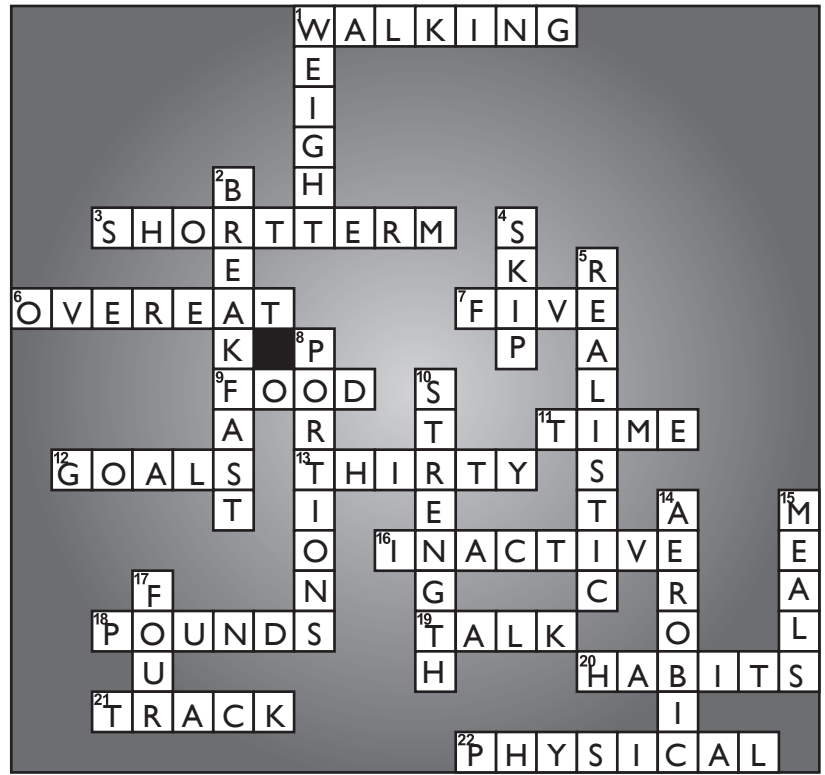
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