

# Reading 16: We All Need Exercise

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W W I H E A R T K H B Z O B C R T C Z H I B Y E T  
X H Q S S Y R R T F M H T F V D P X T K Q L H X X  
F C K U Z L U P Q A H V R O D X G F T M V Y I E A  
J C F N I L S P G S F E Y S R Z D I I B I L N R G  
S C N H G T I E J Q Y L I S T R O N G C P O M C A  
Z V E O Y D D R I V E V N C Z D K P V L W H Y I I  
I C K U M C E M L P S F G X B K L F X G P E V S J  
G N I S G T M V B J C B L R K M V R A A W A N E S  
W P H E B L U D U P Q R H J U R O M J B A L P R I  
Y B M U G I S X Z S X X O V E R W E I G H T T G I  
Q C B P O Q C T B B S X B F A Y F J O C N H B S M  
N P H P C B L I H Y J U L B H L A T F P E Y B X P  
Q C H A N C E R S Y K K O Z I J C E F Z Y S W F R  
W Q R Y G T S E N V I C O J A F T Z I L W K W T O  
I T O G B U U D W V D M D Y X W S F C R L W G S V  
K I C A U S E Z M C G E Q E Z W A O E C A M G B E  
B Z H C Y S S I F D R H F J N O V W K J P K G W Z

exercise

use up

muscles

heart

blood

healthy

chance

cause

improve

strong

office

drive

tired

overweight

trying

fact