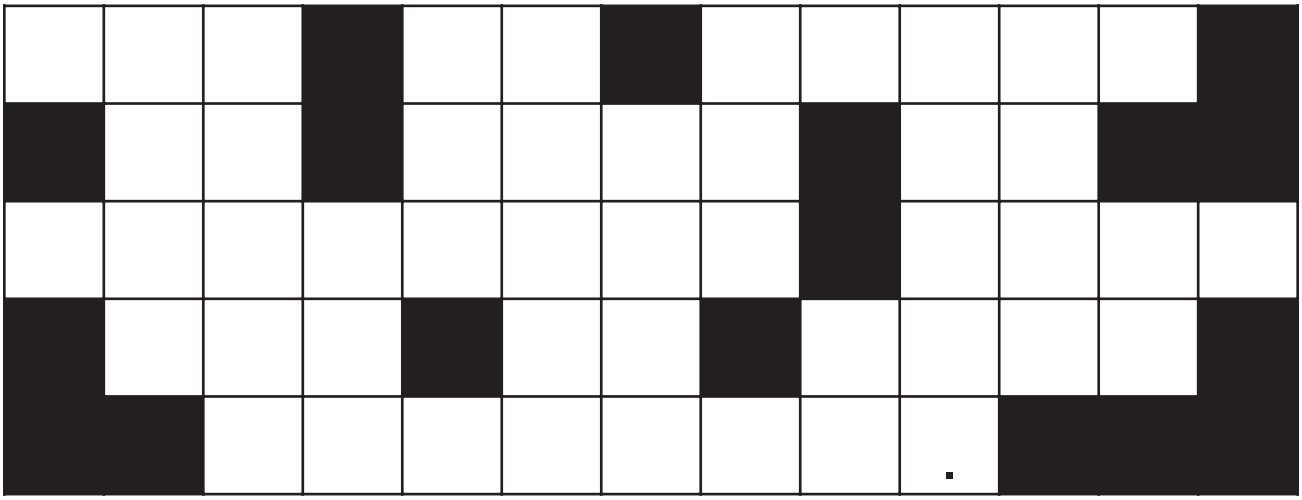
Name: _____

Fitness Phrase

The *Current Health 1* January 2008 issue is all about fitness and exercise. Can you figure out this fallen phrase about a healthy habit?

The letters in each column have fallen from the grid. Put them back correctly to rebuild the phrase. The letters are directly below the correct column but jumbled within that column.



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