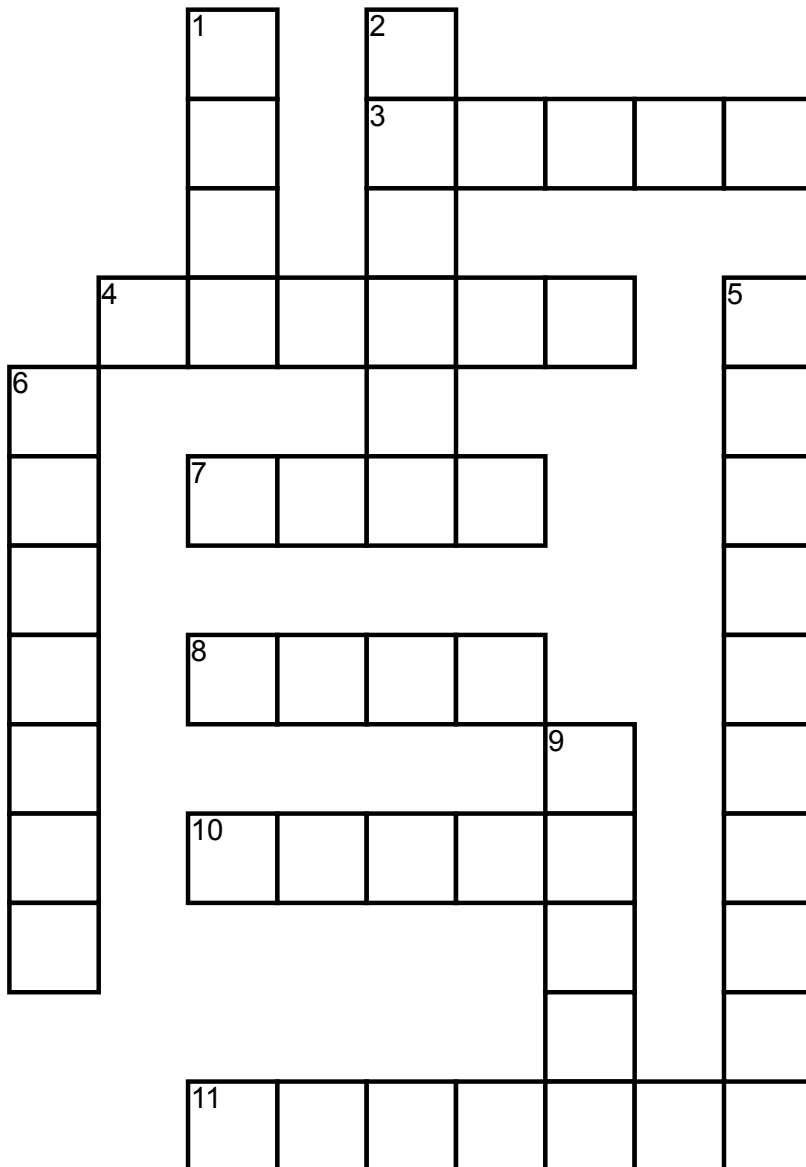


# Being Healthy



## **Across**

- 3.** make or become less tense or anxious.
- 4.** pressure or tension exerted on a material object
- 7.** make your to exercise to keep your \_\_\_\_\_ healthy
- 8.** to stay healthy we should take \_\_\_\_\_ of ourself
- 10.** doctors recommend 8-9 hours of \_\_\_\_\_

- 11.** You should eat well to keep up your \_\_\_\_\_

## **Down**

- 1.** stop work or movement in order to relax, sleep, or recover strength.
- 2.** Someone who cares and looks out for you
- 5.** a feeling of trust in one's abilities, qualities, and judgement
- 6.** washing your hands and showering improves your personal \_\_\_\_\_
- 9.** something involving physical activity