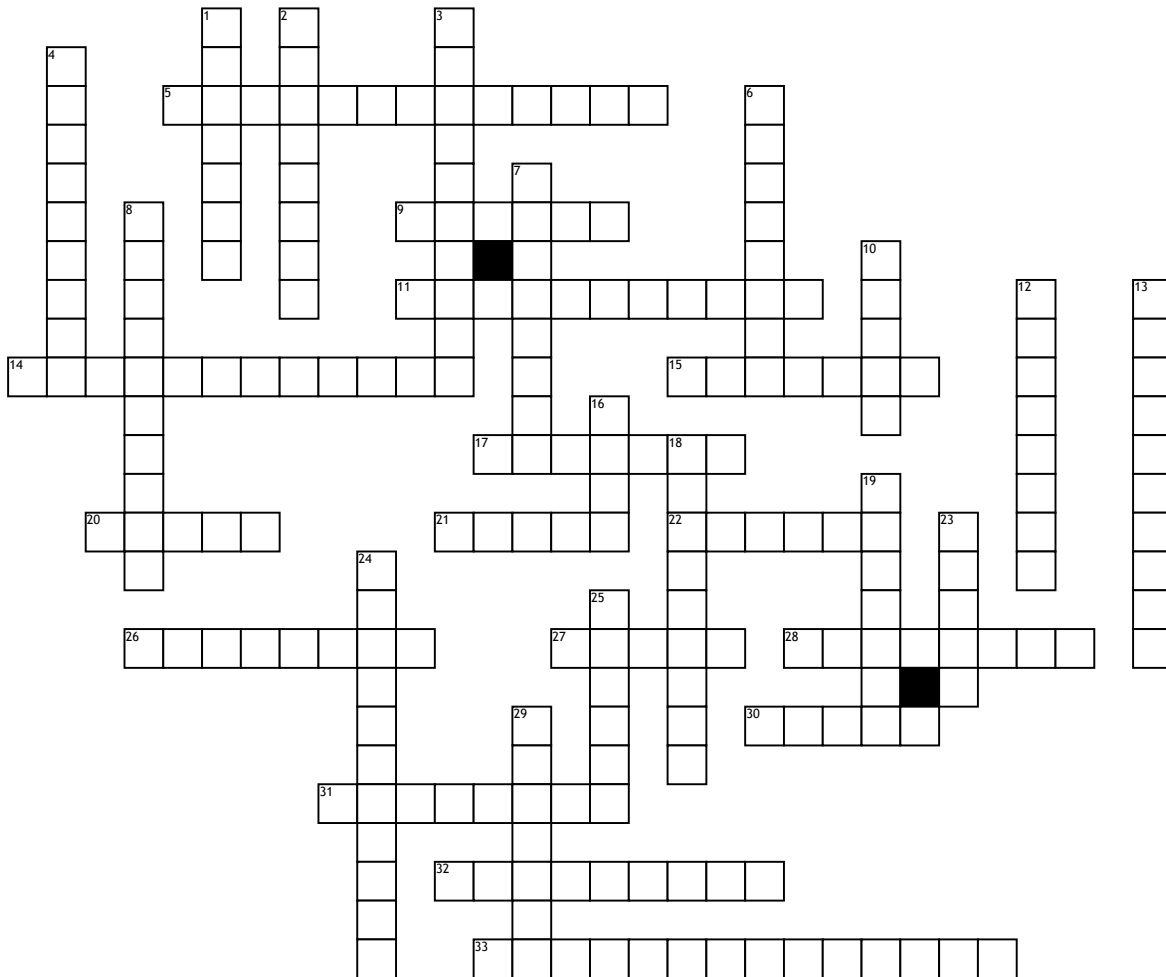


Name: _____

Date: _____

FITNESS



Across

- 5. Do not stress you may raise your
- 9. We warm up to avoid
- 11. to keep your body in good working order you need good
- 14. After running several miles we are covered in
- 15. If we smoke or drink too much we are at risk of catching....
- 17. stress people usually suffer from
- 20. an area of your body
- 21. What happens Thursday afternoon at school
- 22. We have more of this when young and healthy
- 26. count.....for weight loss
- 27. Bacteria

- 28. People with a mental illness need to undergo ----
- 30. We eat dairy products for strong
- 31. when you are very ill it's a long road to ----
- 32. Good -----helps keep us healthy and happy
- 33. After a long illness most patients need -----for a quick

Down

- 1. for strong bones
- 2. a slimming disease
- 3. -----is better than a cure
- 4. A person that is reliant on drugs, drinking is said to have anpersonality
- 6. Your doctor always asks forto help him

- 7. We need to have a good breakfast to ----
- 8. what does your stomach do?
- 10. You will find in a hospital
- 12. 30 minutes of ----- daily will keep us fit
- 13. When unwell we take -----to help
- 16. To stay healthy we need to have a balanced.....
- 18. If it is raining outside we can use ato get exercise
- 19. We need good ----- to keep germs away
- 23. Somethingwe all do on the weekends
- 24. having a hobby can be
- 25. The herb Rosemary is believed to assist-----
- 29. A cure for hiccups,-----in a bag