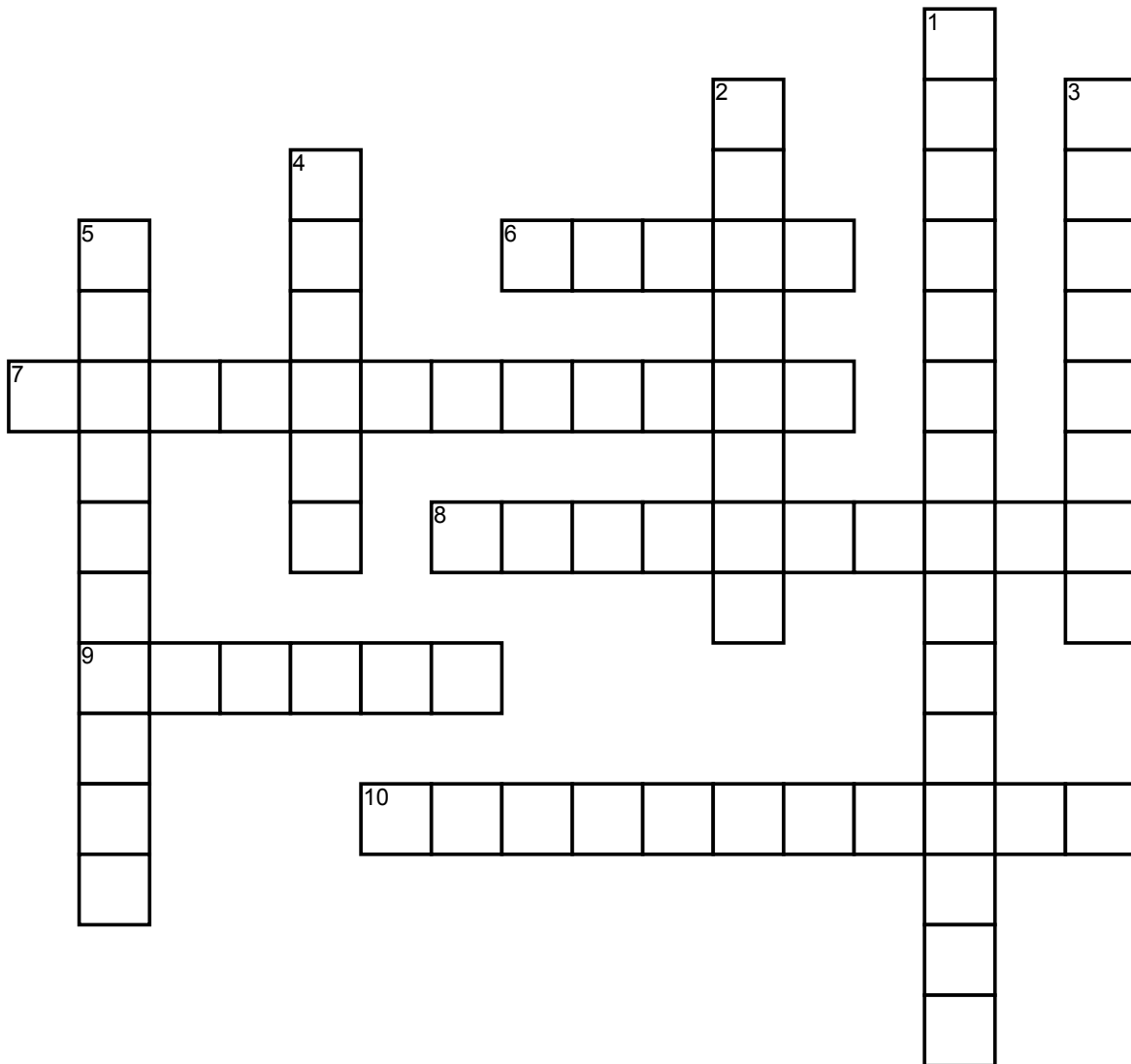


Fitness CrosWord



Across

- 6. In all milk products
- 7. In the off season of most professional sports, team do a lot of this
- 8. Grown from a plant, important to healthy eating
- 9. When you work out, you are (blank)
- 10. Things you add/take to help muscles and bone growth

Down

- 1. State of health and well being
- 2. When you go to the gym, some people are trying to build up
- 3. Another word for work-out
- 4. Also grown from a plant, important for eating right
- 5. When you eat right, exercise, you have overall good (blank)