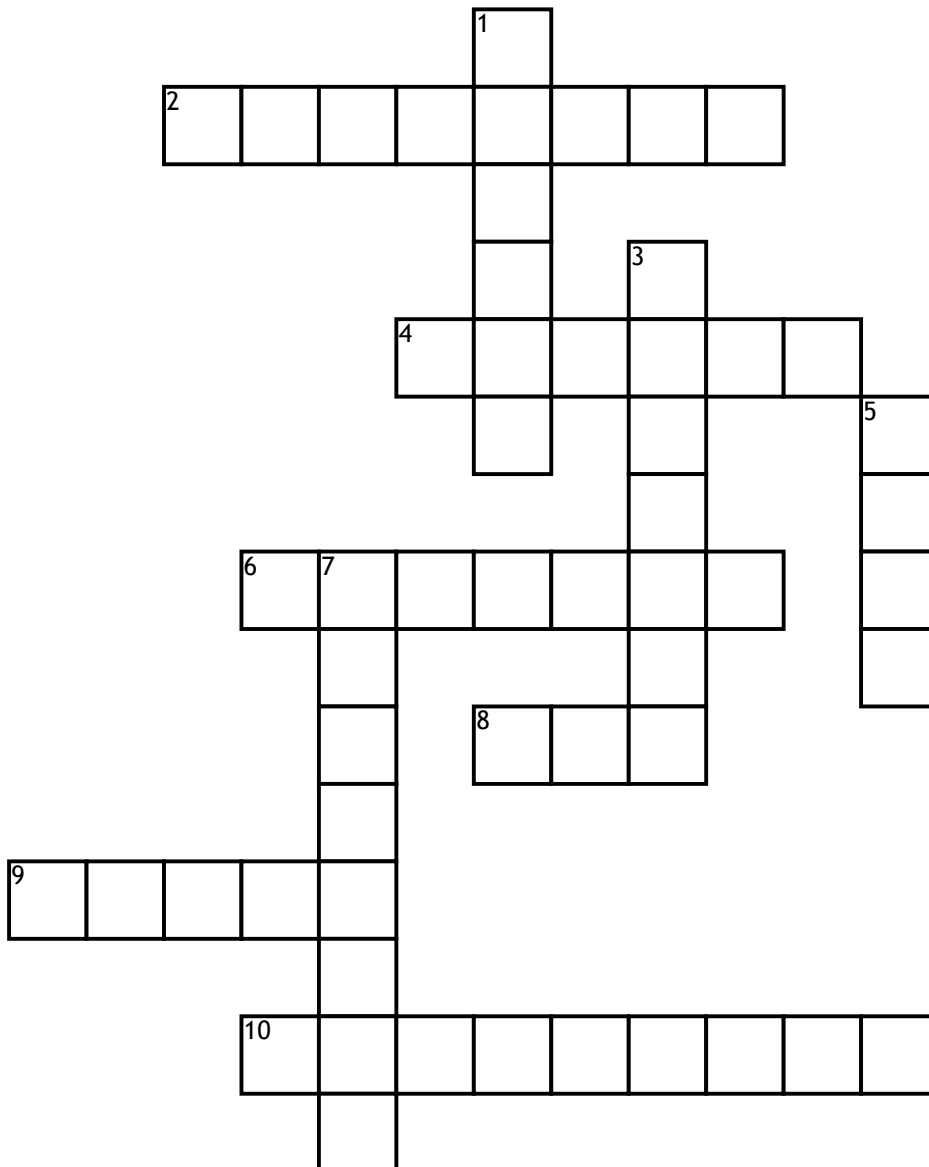


Name: _____

Date: _____

Fun Friday Challenge - Crossword Puzzle - Wellness



Across

2. Where is the gluteus maximus located?
4. This fruit helps improve your mood.
6. What is it called when your body converts fat into energy?
8. Chewing _____ makes you more alert, relieves stress and reduces anxiety levels.
9. During digestion, into what do all carbohydrates other than fiber break down?

10. _____ and trans fats are considered unhealthy fats.

Down

1. One of the dimensions of wellness with ability to relate to and connect with other people in our world.
3. Element is said to keep bones strong.
5. Largest organ in the body, defends against disease and infection.
7. Types of stress are internal and _____.