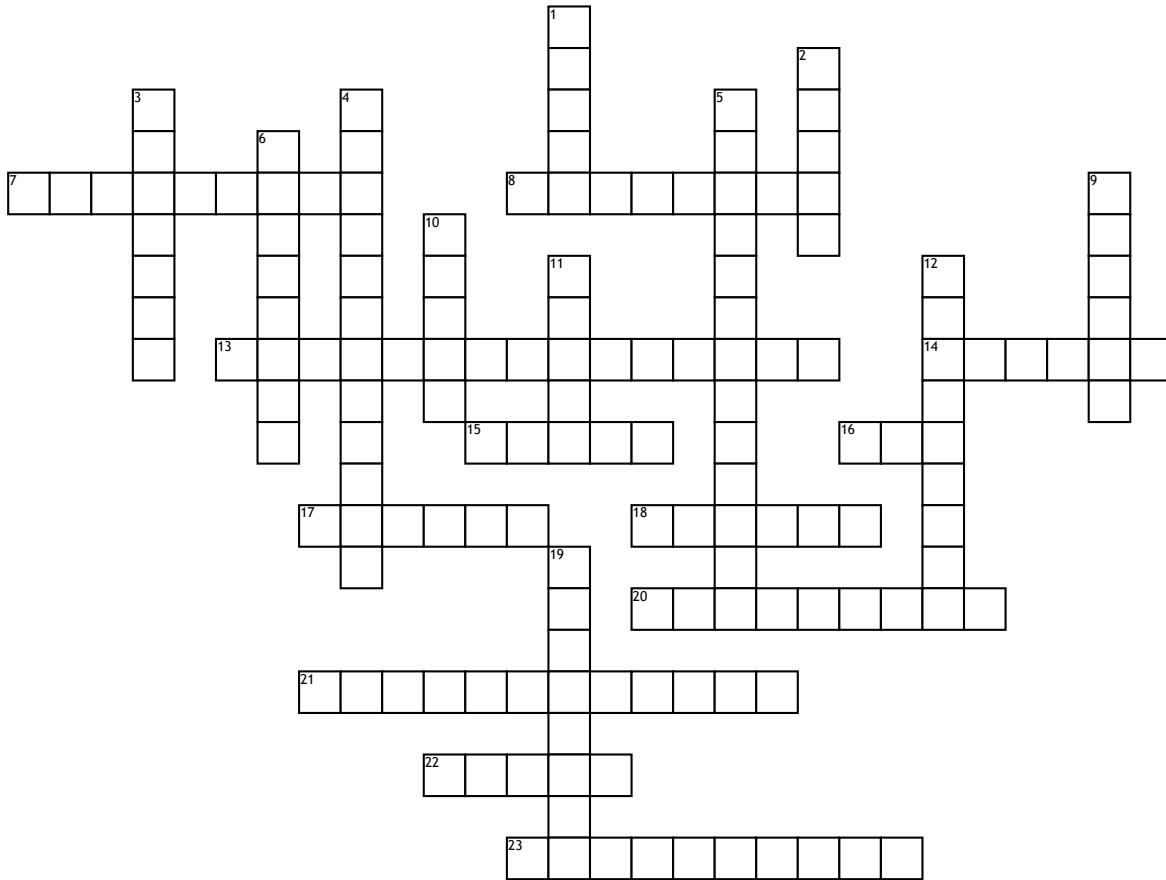


Health and Wellness



Across

7. _____ has a major effect on energy levels and brain function.

8. _____ is the best produce option because it cleanses the liver and helps to fight cancer.

13. _____ is a major risk factor for heart disease and stroke.

14. Sneak outside to soak up some vitamin D for up to _____ minutes a day.

15. An _____ a day, keeps the doctor away.

16. A measure of weight in relation to your weight

17. When the body reacts to changes with physical, mental, and emotional situations, this is caused.

18. Maintaining a diet with lots of _____ can lower your blood pressure.

20. _____ is the most important meal of the day!

21. Look to this person for guidance on a health plan

22. _____ is linked to numerous health problems including diabetes, heart disease, asthma, COPD and obesity.

23. Losing pounds due to a change in diet or lifestyle is _____

Down

1. _____ is defined as an essential nutrient because it is required in amounts that exceed the body's ability to produce it.

2. Studies show that regular, moderate exercise helps fight the effects of aging on the _____.

3. A balanced _____ includes strength, cardio, and flexibility training.

4. _____ includes our emotional, psychological, and social well-being.

5. This is often measured for diagnosis since it is closely related to the force and rate of the heartbeat

6. Get your daily _____ by eating fruits, vegetables, and other nutrient-rich foods.

9. A person with a BMI over _____ is obese.

10. How many hours of sleep should you get a night?

11. Depriving your body of _____ can speed up the aging process and deter your weight-loss efforts.

12. Focus on Nut _____, Not Calories

19. Surround yourself with people who help _____ and uplift you to revitalize your body and mind.