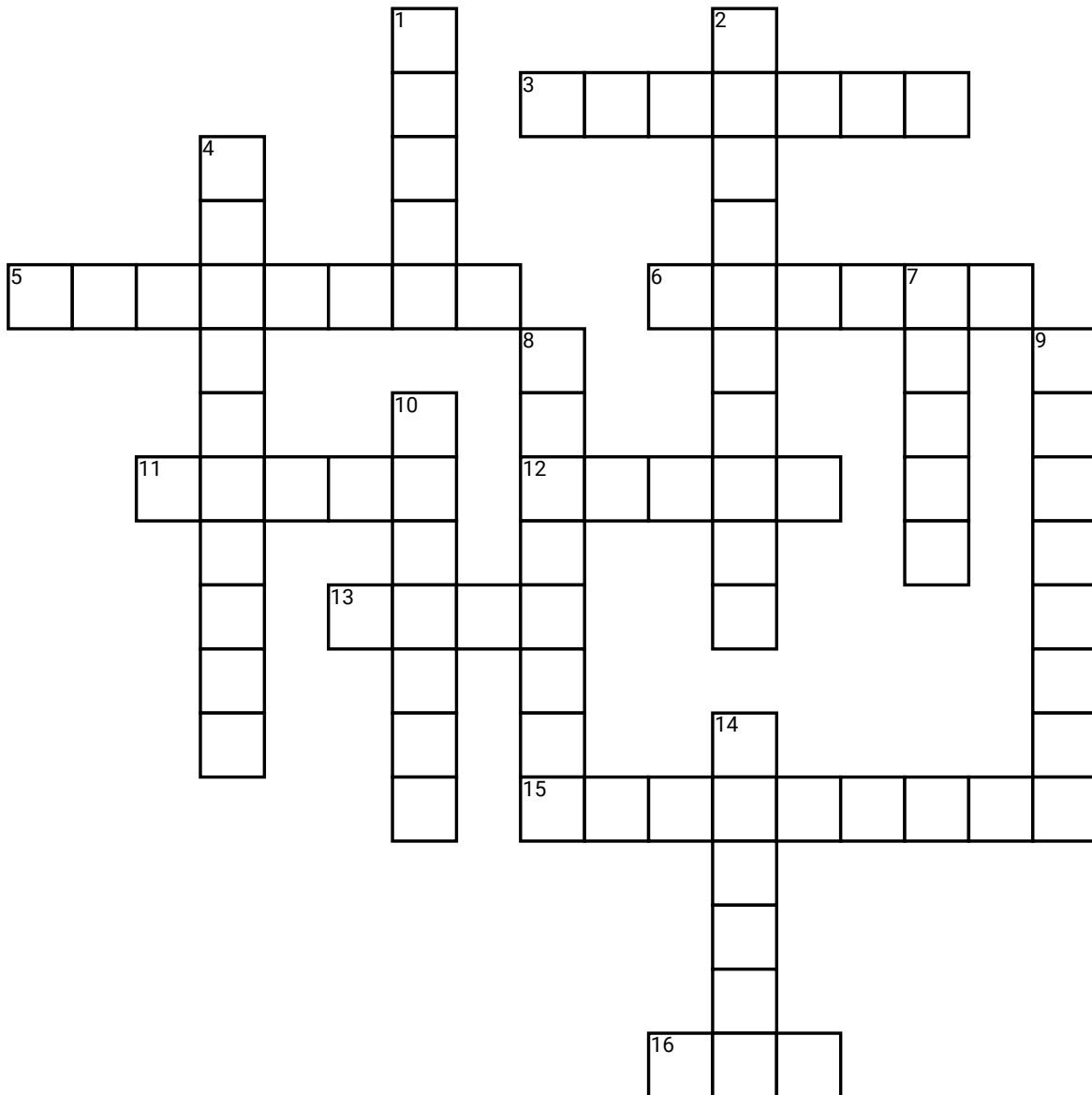


# Health and Wellness Crossword



## **Across**

**3.** Important people to have in your life

**5.** \_\_\_ always wins

**6.** You can meditate to relieve \_\_\_

**11.** Always drink plenty of \_\_\_

**12.** "An \_\_\_ a day keeps the doctor away"

**13.** Something you should do for your cardiovascular health

**15.** You should always try to maintain a healthy \_\_\_

**16.** You should get this vaccine once a year to stay health

## **Down**

**1.** Don't forget to stop and smell the \_\_\_

**2.** "You should always eat your \_\_\_"

**4.** Everything is good in \_\_\_

**7.** You need at least 8 hours of \_\_\_

**8.** Tell someone you are \_\_\_ for them

**9.** Any form of \_\_\_ exercise is good for your body

**10.** When you are feeling anxious, just \_\_\_

**14.** This type of health is just as important as your physical health