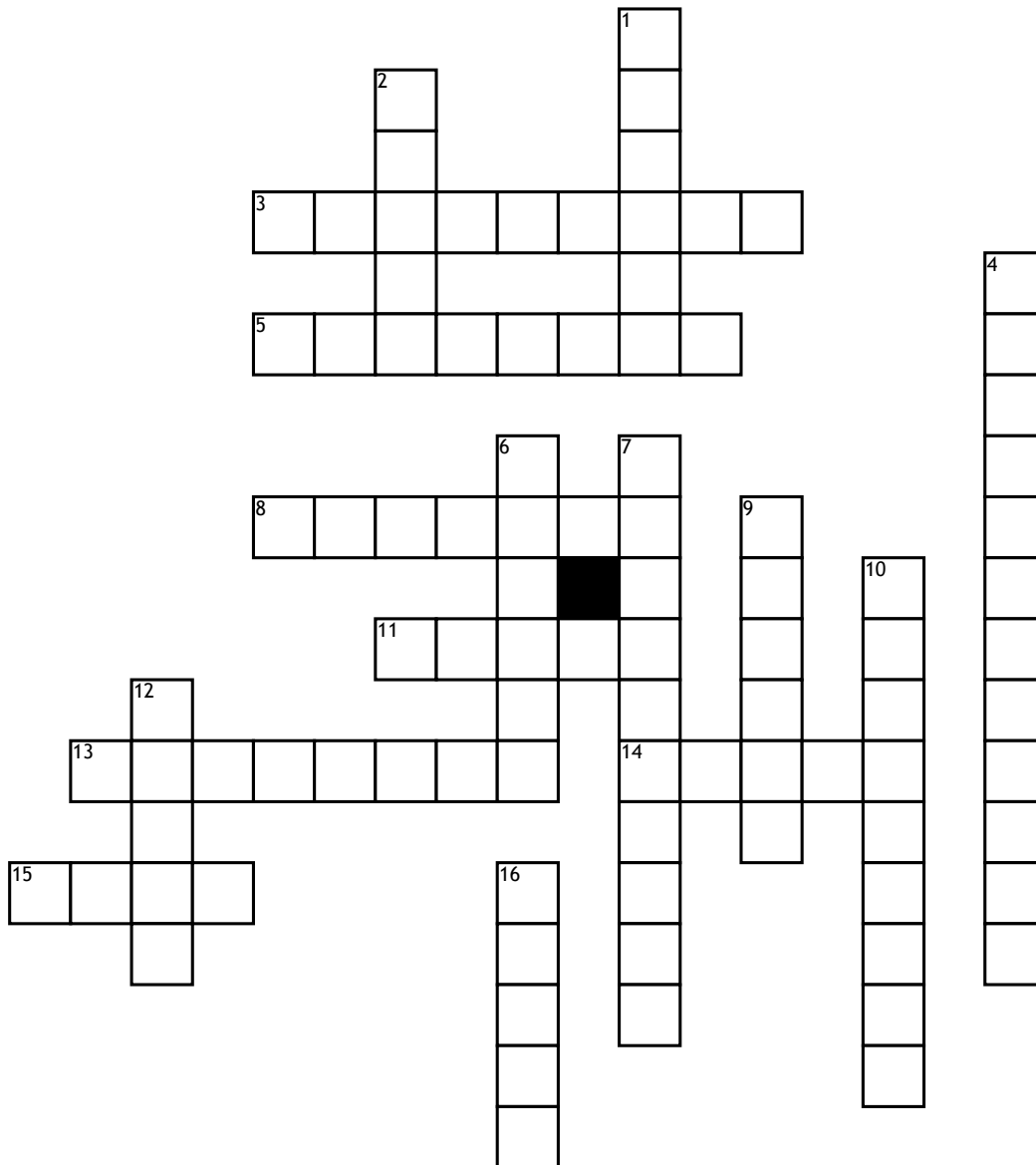


Health and Wellness - EFAP



Across

3. The opposite of sadness
 5. Physical activity that leads to healthiness
 8. A set of habits that you can adhere to sleep better and longer is sleep _____
 11. What you should drink a lot of
 13. _____ well being: all aspects of your body including your overall health, your senses, intellect and the type, and consistency, of the activities you partake in
 14. Healthy adults generally need between _____ and nine hours of uninterrupted sleep

15. Eating proper foods and proper amounts of food

Down

1. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
 2. Example of a healthy fruit
 4. Life _____ is the way in which people show their emotions and feelings and how they feel about their directions and options for the future

6. _____ health is a person's condition with regard to their psychological and emotional well-being.
 7. Women with _____ are 80 percent more likely to experience heart disease than women without
 9. Stay _____, even in the winter
 10. People with mental _____ have up to three times greater likelihood of having a stroke
 12. the minimum number of how many times a week you should exercise
 16. you should maintain a healthy _____ pressure