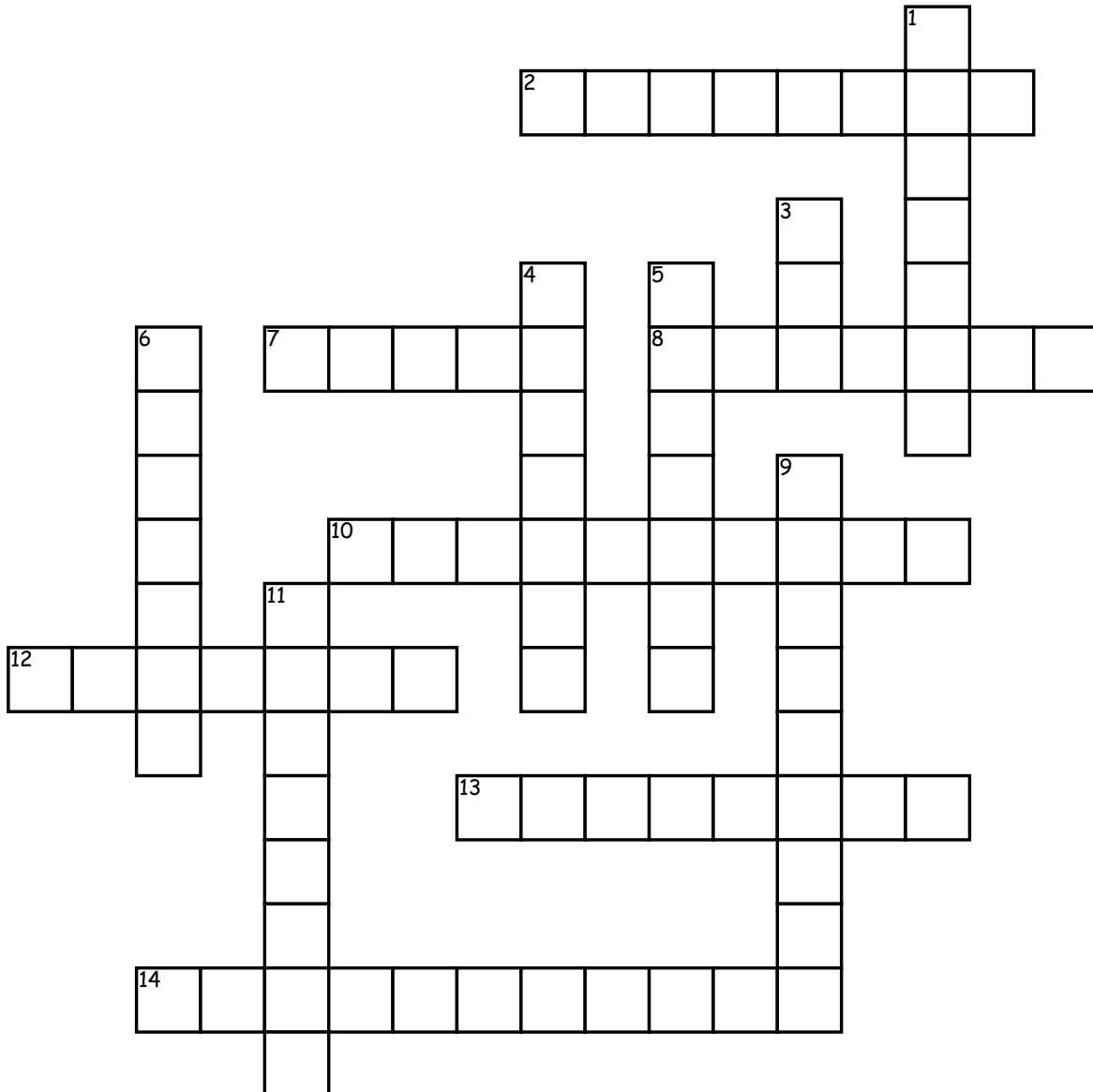


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health, fitness and well-being



**Across**

- 2. NEEDED IN SMALL QUANTITIES
- 7. H<sub>2</sub>O
- 8. ABILITY TO CHANGE DIRECTION AT SPEED
- 10. SOCIAL HEALTH FACTOR

- 12. TOO MANY FATS AND SUGARS CAN LEAD TO THIS
- 13. PLENTY OF WATER
- 14. RANGE OF MOVEMENT

**Down**

- 1. LACK OF IRON
- 3. BODY COMPOSITION (1,1,1)

- 4. BUILDING BLOCKS OF THE BODY
- 5. STRONG BONES AND TEETH
- 6. TYPE OF CARBOHYDRATE
- 9. DOING NOTHING
- 11. CAN BE PREVENTED WITH PHYSICAL ACTIVITY