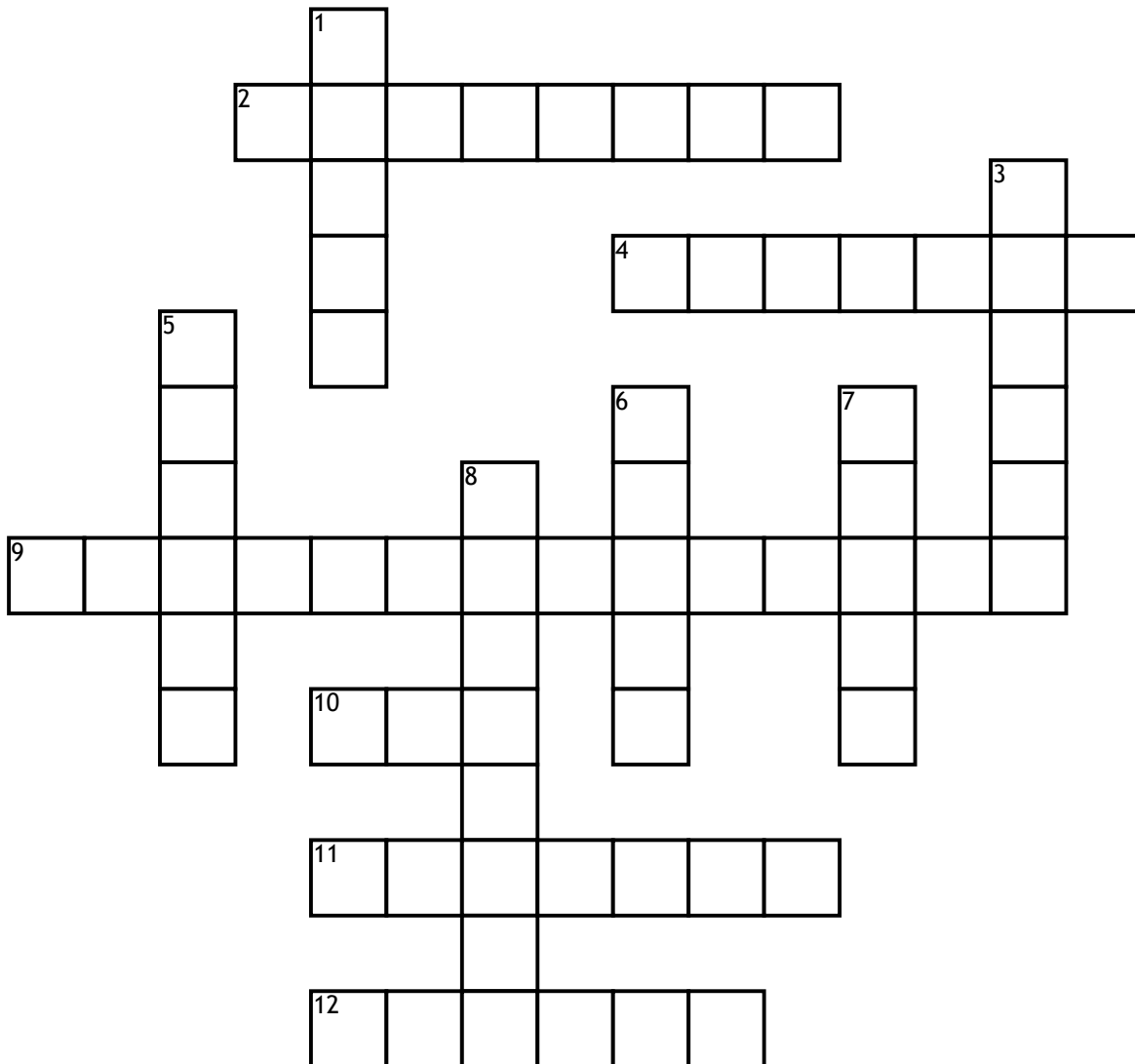


Name: \_\_\_\_\_

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

# Healthy Lifestyle



## Across

- 2. A word that means monitoring what you eat
- 4. Something you can do for relaxation and exercise
- 9. A program to help you have a healthy lifestyle
- 10. A place of exercise inside a building

11. A healthy meal of vegies made in a wok

12. A healthy dairy product

## Down

- 1. A healthy food you can have instead of ice cream
- 3. Something you eat in between meals

5. Something you can follow to create a meal

6. Something you can drink as much as you want

7. You need at least six to eight hours of this everyday

8. A form of exercise you do at a pool