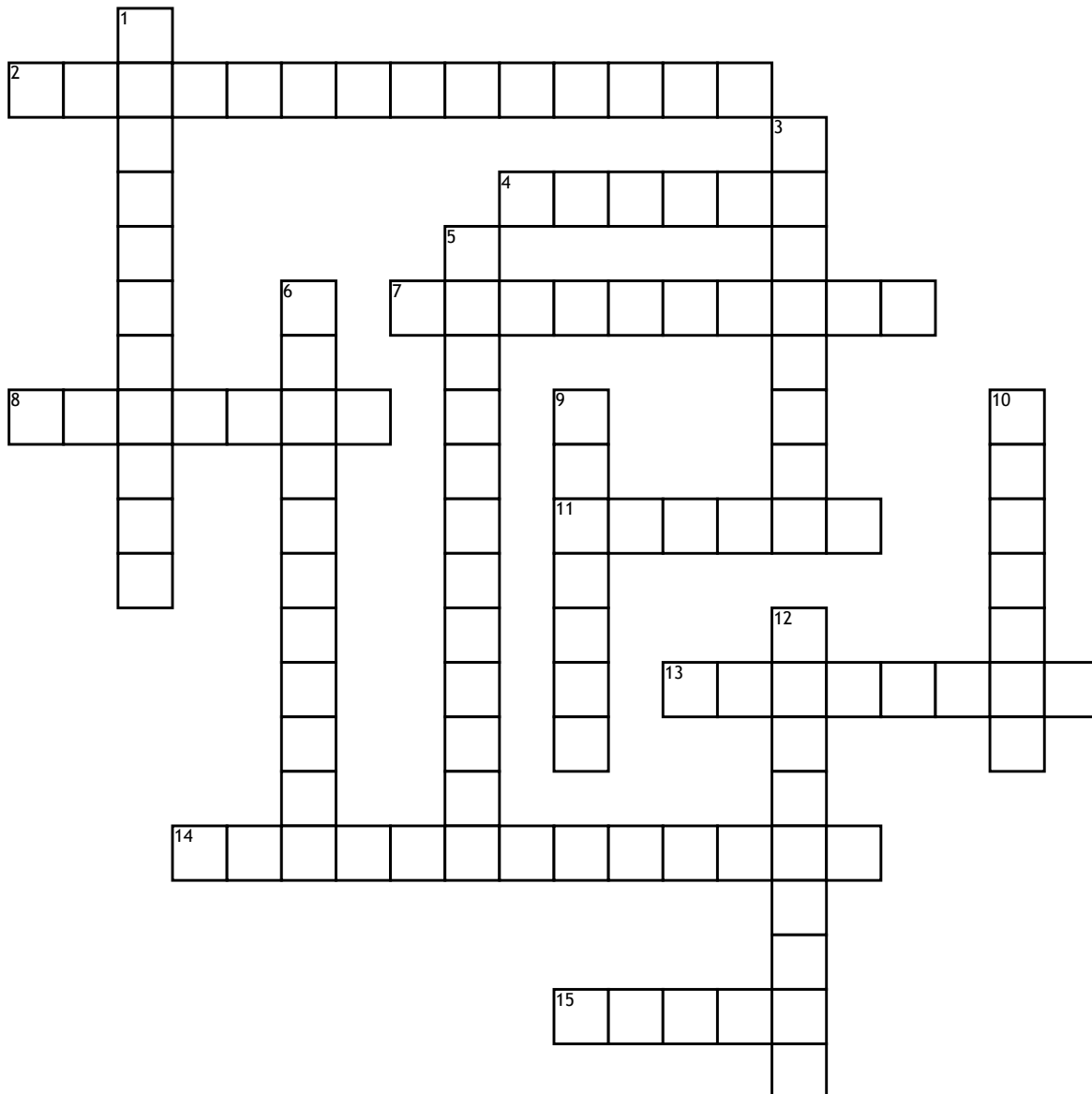


Healthy Living



Across

2. What should you skip when preparing meals at home?

4. When you exercise it's important to flex different _____ in your body.

7. Smoking is just bad for your health. Even _____ is equally unhealthy.

8. A healthy tip while eating for healthy living is?

11. Most office goers are addicted to _____ and rarely drink water.

13. Pick a _____ you really enjoy, this will help you stick to your fitness goals?

14. _____ exercises are a great way to pump up low energy and concentration.

15. Your body needs _____ to function properly and efficiently?

Down

1. Get out more often. Staying cooped up at home can make life boring, and dull and make you a _____

3. Having this kind of an attitude can ruin your health?

5. What is frequently found in our diet that has no vitamins or minerals?

6. What helps the organs to function properly, especially digestion?

9. The truth is heavy consumption of what? actually destroys you and your family.

10. What do you need to live life to the fullest?

12. Healthy people lead active instead of _____ life styles.