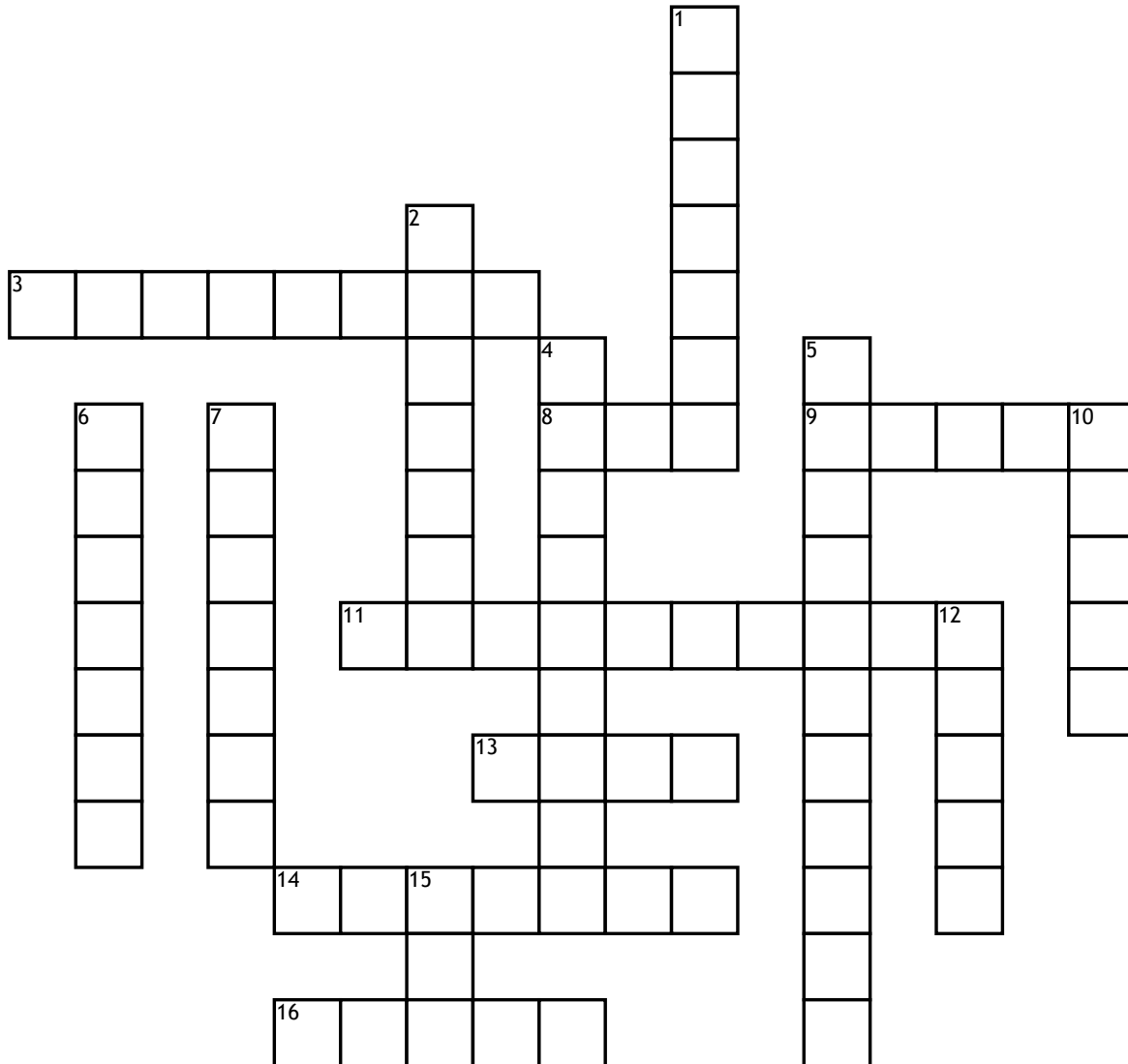


Healthy People



Across

3. Lifting weights and doing push ups are types of _____ activities.

8. Many people in Canada do _____ get enough exercise.

9. Endurance activities help your heart and _____.

11. A _____ can help you make a decision about medicines.

13. An example of a leg joint is your _____.

14. Always wash your hands for at least _____ seconds.

16. Don't _____ into your hand.

Down

1. A _____ helps protect people from the flu.

2. To be flexible means to bend, _____ and reach.

4. Walking, running and swimming are types of _____ activities.

5. These activities help your joints and muscles

6. _____ cause colds and flu.

7. A hand sanitizer should always have _____ in it.

10. If sick, get rest and lots of _____.

12. Health Canada says that people need _____ kinds of physical exercise.

15. In the winter, many people catch a cold or _____.