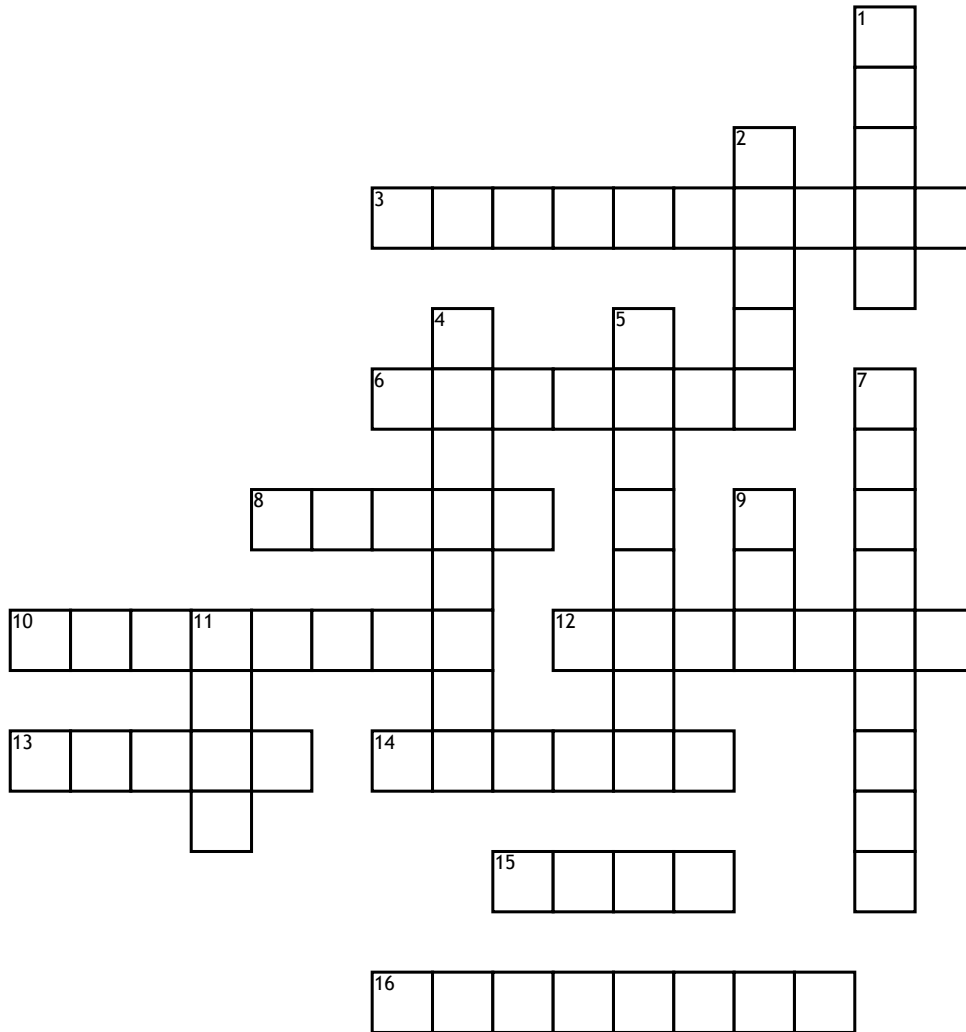


Physical Health



Across

- 3. You should avoid smoking, drinking alcohol and using drugs that a Dr. has not _____ for you.
- 6. You should have regular check ups with your Dr. and _____.
- 8. How many minutes should you be active each day of the week?
- 10. Avoid drinks with sugar and _____ in them after mid-afternoon in order to sleep better.
- 12. It is important to have a relaxing bedtime _____.

- 13. Eating _____ balanced, healthy meals a day is a healthy behavior.
- 14. Exercise can help reduce _____.
- 15. Exercise can also improve your _____.
- 16. There are 3 parts to good health: emotional health, social health and _____ health.

- 2. How many hours of sleep a night should teens get?
- 4. Remembering to wear a _____ while riding in a car is a healthy behavior.
- 5. You should do _____ activity 2 to 3 times a week.
- 7. You should limit _____ activity to less than two hours every day.
- 9. Choose foods to eat that are low in _____.
- 11. Food is the body's _____.

Word Bank

- | | | | | | |
|-----------|----------|----------|------------|------|--------|
| eight | seatbelt | mood | prescribed | fuel | three |
| routine | dentist | physical | vigorous | fat | stress |
| sedentary | caffeine | sixty | tired | | |