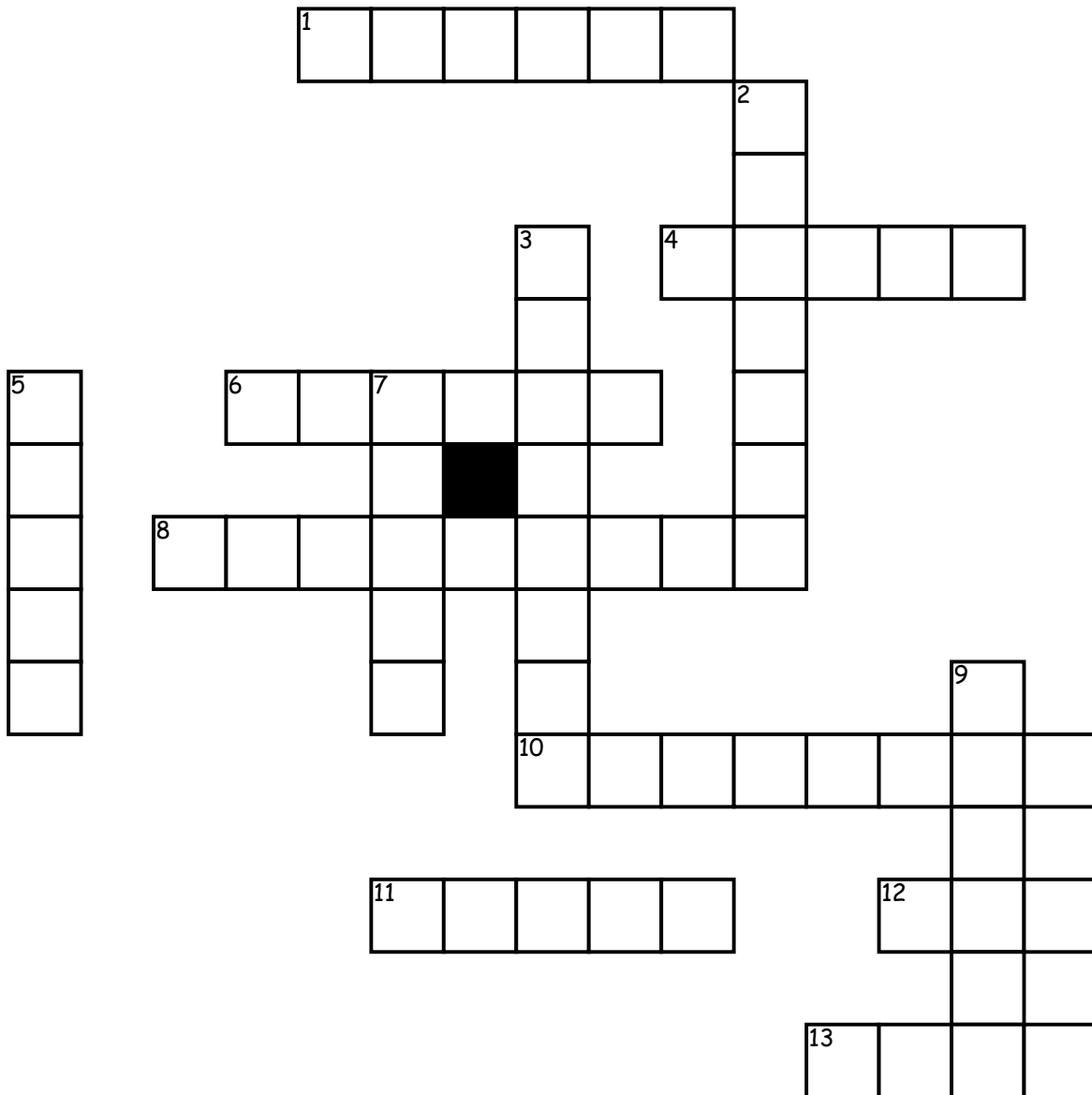


# SHAPING UP QUIZ



## Across

1. Breakfast, Lunch And...
4. A Healthy Fruit Which Only Appears in Summer
6. Something That You Build
8. A Form Of Weight
10. A "Smooth" Liquid Meal

11. Something That Keeps You Energised
12. The Source Of Vitamin D
13. A Healthy Meal Full Of Omega 3

## Down

2. Somthing Vibrant and Citrusy

3. Something You Count But Want To Keep Low
5. The Best Thing You Can Wear Is A...
7. Something Required For Jogging
9. A Workout Which Involves Your Core