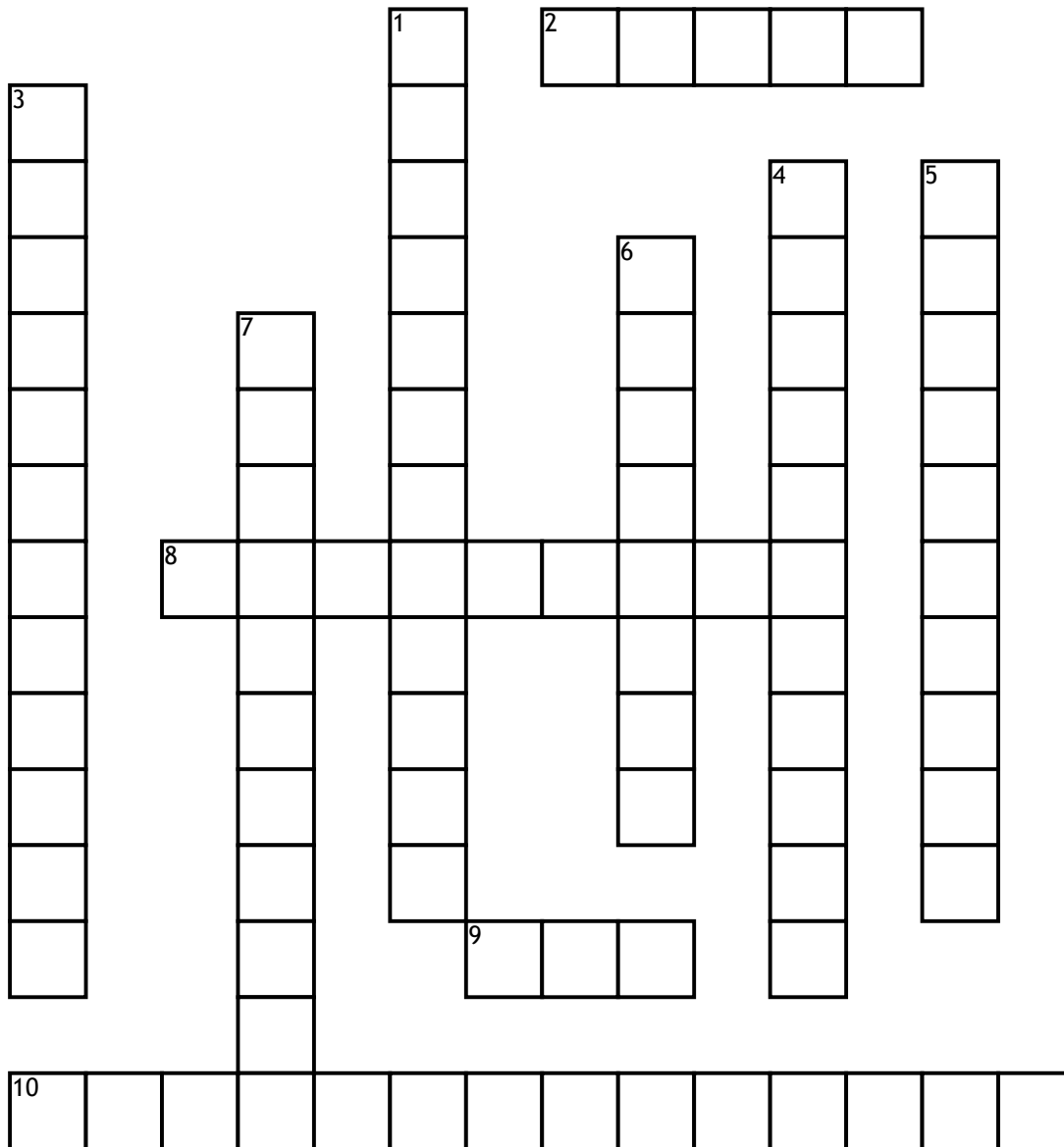


Safety 101



Across

- 2. The acronym for safely falling
- 8. You should NOT try this exercise while drinking a glass of grapes
- 9. A virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches
- 10. Lack of sleep can lead to this disease

Down

- 1. Check to make sure your non-prescribed medications interact with..
- 3. Its the key to helping optimize space
- 4. Eating a cup of these a day lowered blood pressure
- 5. Useful during the night time
- 6. A balance exercise named after a bird
- 7. Avoid these types of foods