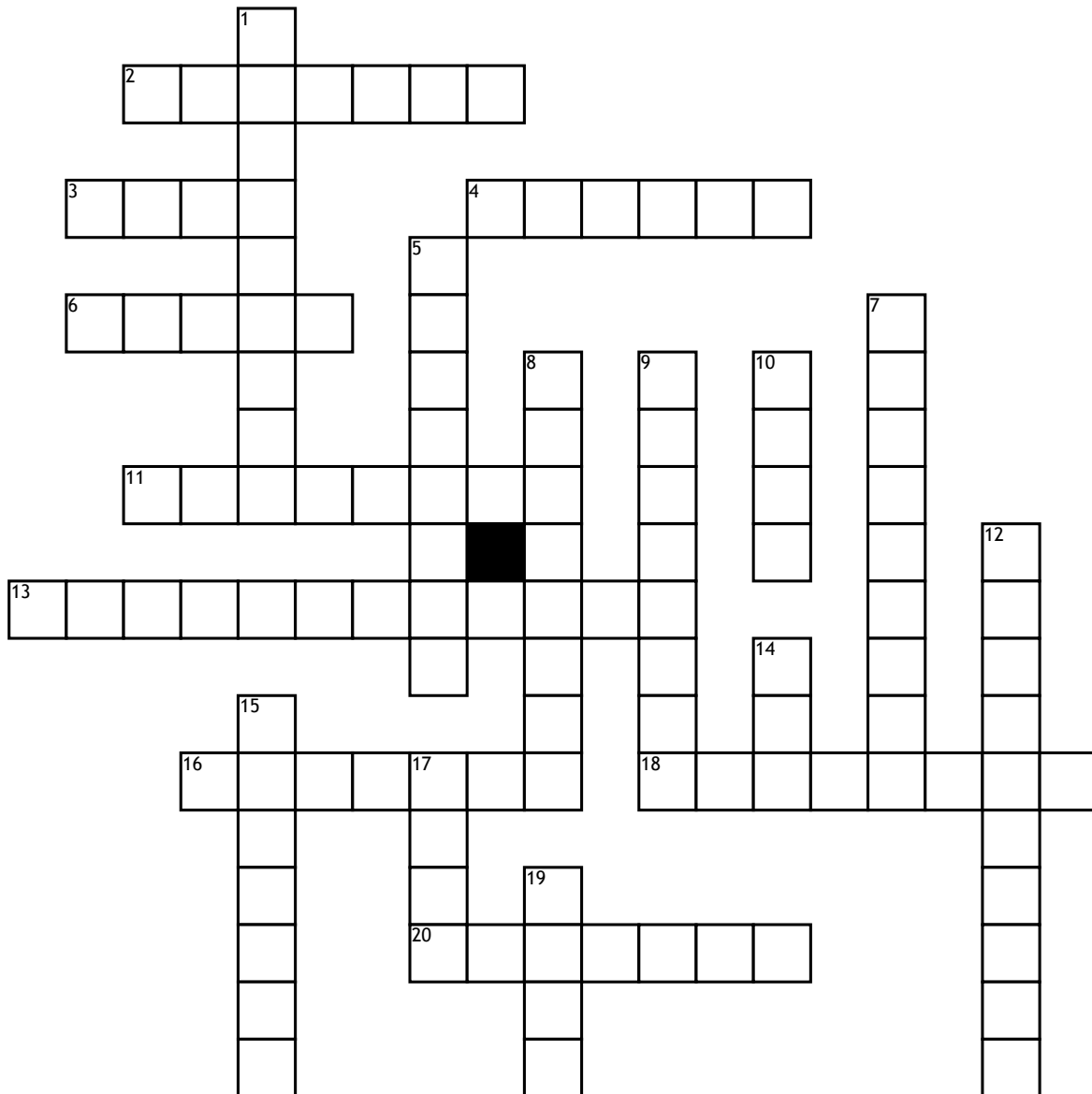


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Wellness crossword



## Across

- 2. Inhale and exhale
- 3. Look after
- 4. The state of being free from illness or injury
- 6. Unwind
- 11. Activity requiring physical effort
- 13. Reddened, swollen, hot, and often painful
- 16. Rub and knead (a person or part of the body) with the hands
- 18. Activity of propelling oneself through water using the limbs

## 20. Feeling

### Down

- 1. Cabbage, potato, turnip, or bean
- 5. An institution providing medical and surgical treatment and nursing care for sick or injured people
- 7. A room or building equipped for gymnastics, games, and other physical exercise
- 8. Bendy, supple
- 9. The state of being in good health, especially as an actively pursued goal
- 10. Hike

12. Concerned with the diagnosis of illness or other problems

14. Winter sport

15. An even distribution of weight enabling someone or something to remain upright and steady.

17. A continuous or prolonged dull pain in a part of one's body

19. The physical structure, including the bones, flesh, and organs