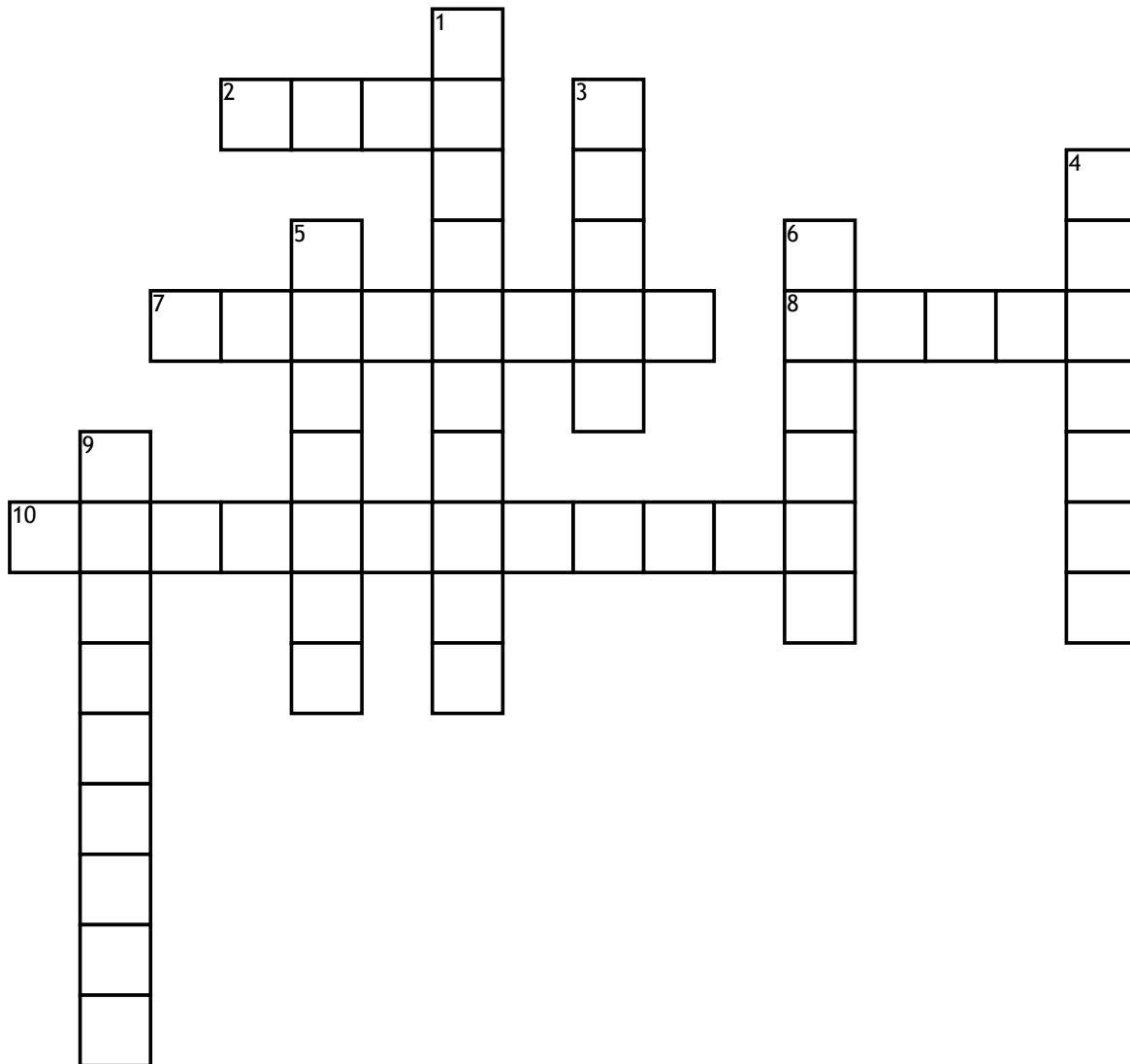


Name: _____ Date: _____ Period: _____

Health Basics



Across

2. True or false: swimming is a good form of exercise.

7. A condition you can develop from eating unhealthy for a long period of time.

8. What starts beating faster when you exercise?

10. Someone who specializes in nutrition.

Down

1. A mental health condition many people suffer from.

3. What is a compound that you are made of that is important to drink?

4. What has less calories: lettuce or cheese?

5. What is a good exercise that you can do indoors or outdoors?

6. How many minutes should you exercise each day?

9. What should you put on when you are outside in the sun?