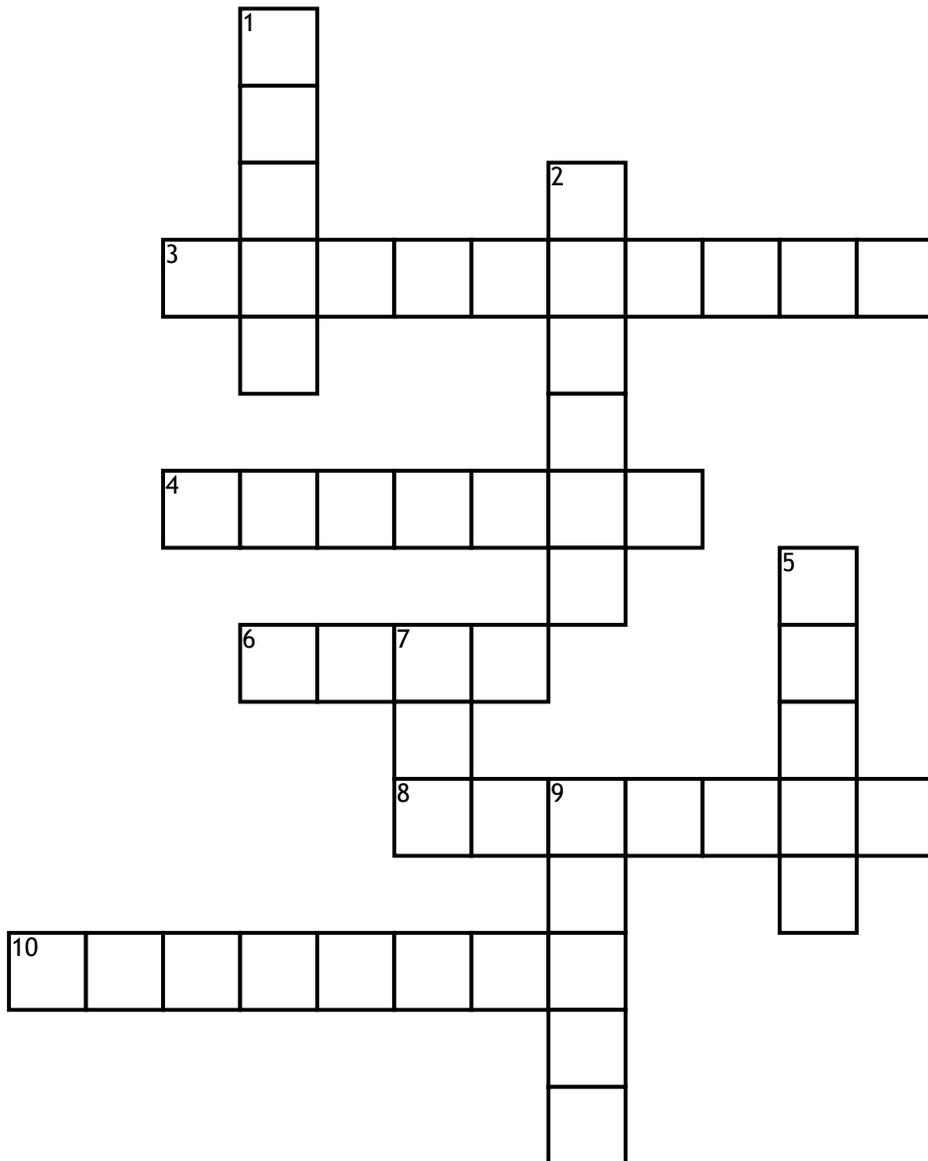


# Health and Your Body



## Across

3. this seated practice develops concentration and helps reduce stress
4. is an aerobic activity that burns calories and improves heart health
6. this form of movement increases flexibility and lowers stress levels
8. lifting weights is one way to keep this part of your body healthy
10. this is a form of low impact exercise that is practiced in water

## Down

1. to maintain a healthy immune system it is recommended to do this for 8 hours a night
2. this activity contains nicotine which is harmful to your lungs and heart
5. for hydration it is recommended to drink 8 glasses of this a day
7. this facility is often filled with workout equipment, such as stationary bikes and weights
9. although this substance tastes sweet it is not good for the body as it is known to cause obesity and diabetes