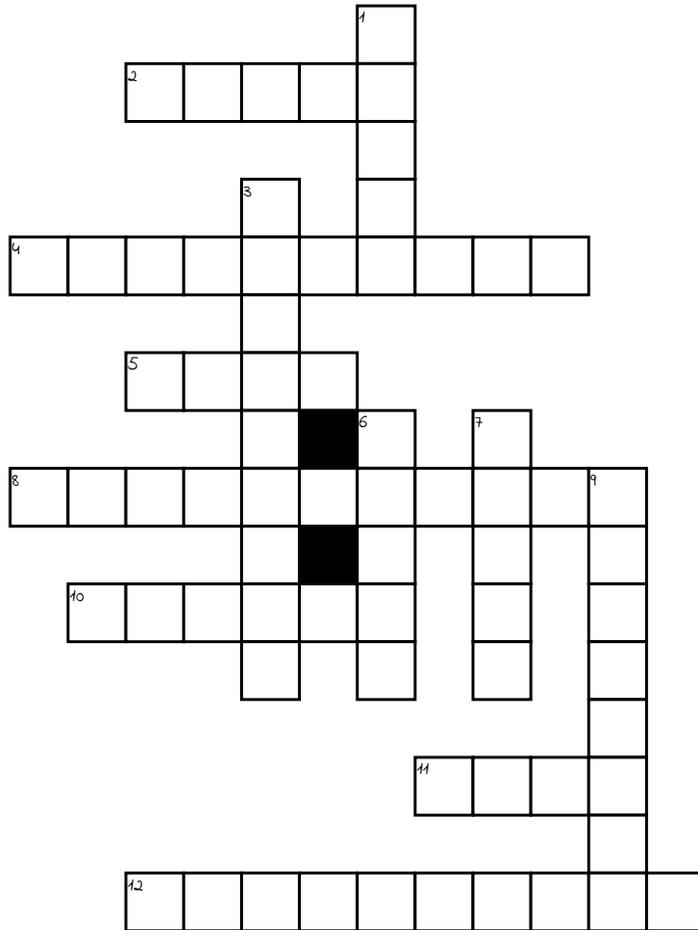


Healthy Habits Crossword



Across

2. Drink this often - try to avoid sugary drinks!

4. Avoiding excess or extremes - ex: you want 5 pieces of candy, but you only eat 1

5. Pick up a book and do this every day

8. A mental state achieved by focusing one's awareness on the present moment

10. Use this to cover your cough or sneeze and then throw it away

11. A mind/body exercise that you control with your breath

12. This food group includes spinach, lettuce, beans, carrots

Down

1. Nature's candy - the food group includes apples, berries, bananas

3. The most important meal of the day - you eat it when you wake up

6. Experts say you should get at least eight of this every night

7. Tiny organisms, or living things, that can cause viruses - good habits will help you avoid these

9. The practice of taking action to protect one's own well-being and happiness