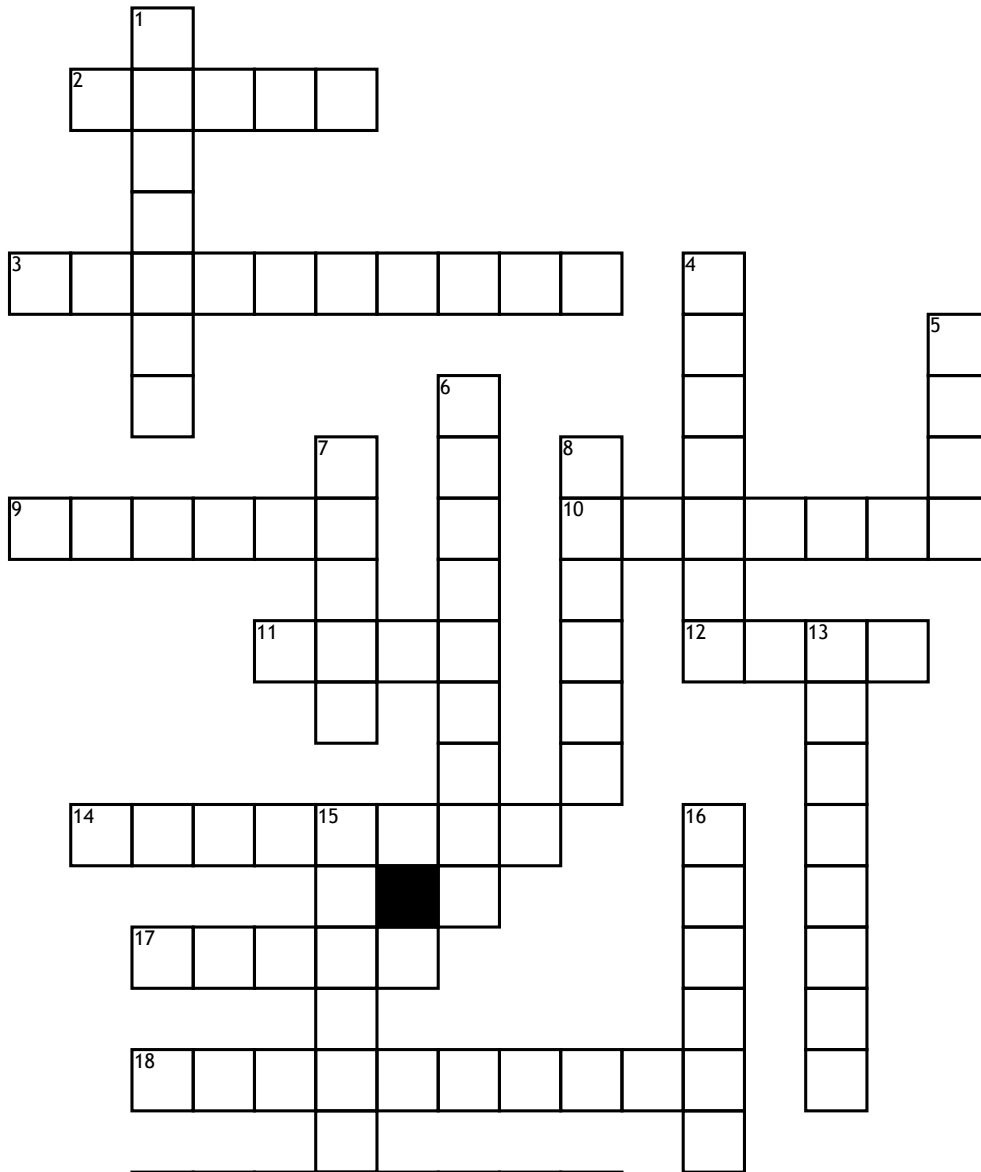


Healthy Lifestyle



Across

- 2. Salt, sand and fresh air
- 3. Used to clean teeth
- 9. A place to wash
- 10. Type of shoe used for jogging
- 11. Commonly used in coffee or with cereal
- 12. Sodium
- 14. A recommended daily activity

17. Keeps the doctor away

18. Clear the mind

19. Major sporting event

Down

1. A good source of Omega 3

4. People whose company you enjoy

5. A good source of protein

6. Most important meal of the day

7. What do you put in a smoothie

8. This Juice has Vitamin C

13. What is the best medicine

15. What helps keep bones and teeth strong

16. A good source of Potassium