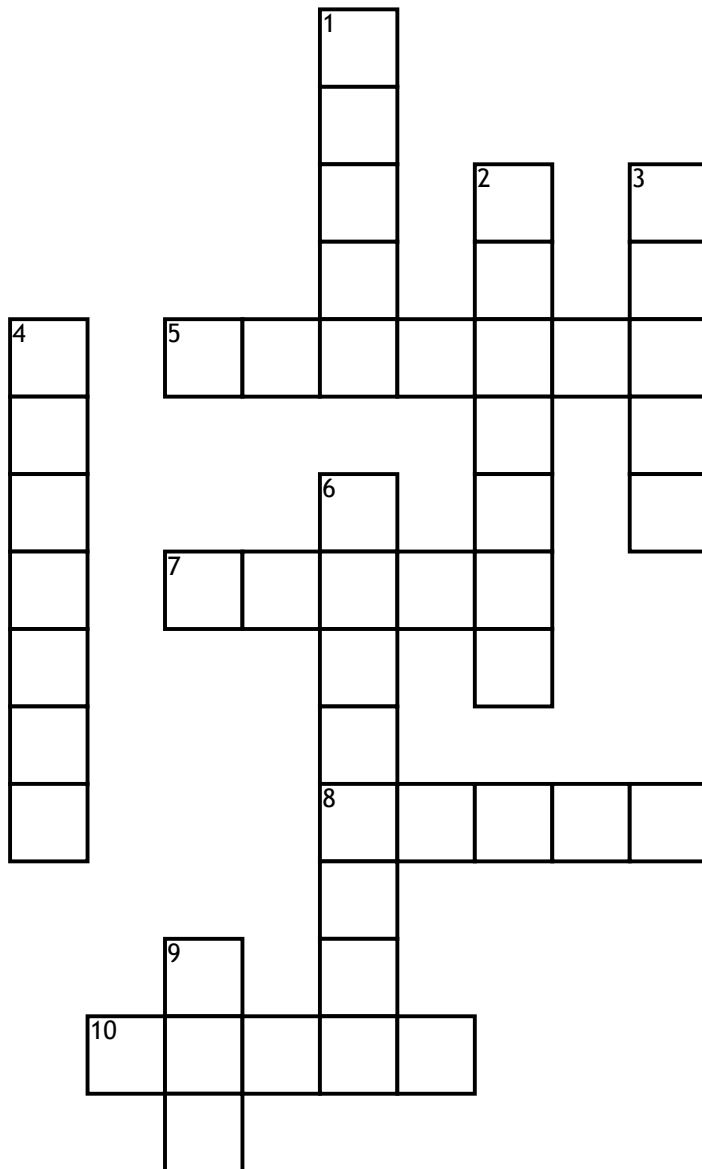


Name: \_\_\_\_\_

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

# Healthy Self-Concepts



## Across

5. Avoid illness and \_\_\_\_\_

7. Take care of your \_\_\_\_\_

8. Keep your body \_\_\_\_\_

10. Drink enough \_\_\_\_\_

## Down

1. Eat the right \_\_\_\_\_

2. Keep your body \_\_\_\_\_?

3. Get enough \_\_\_\_\_ at night

4. Avoid \_\_\_\_\_ substances

6. Use \_\_\_\_\_ and drugs correctly

9. Exercise every \_\_\_\_\_