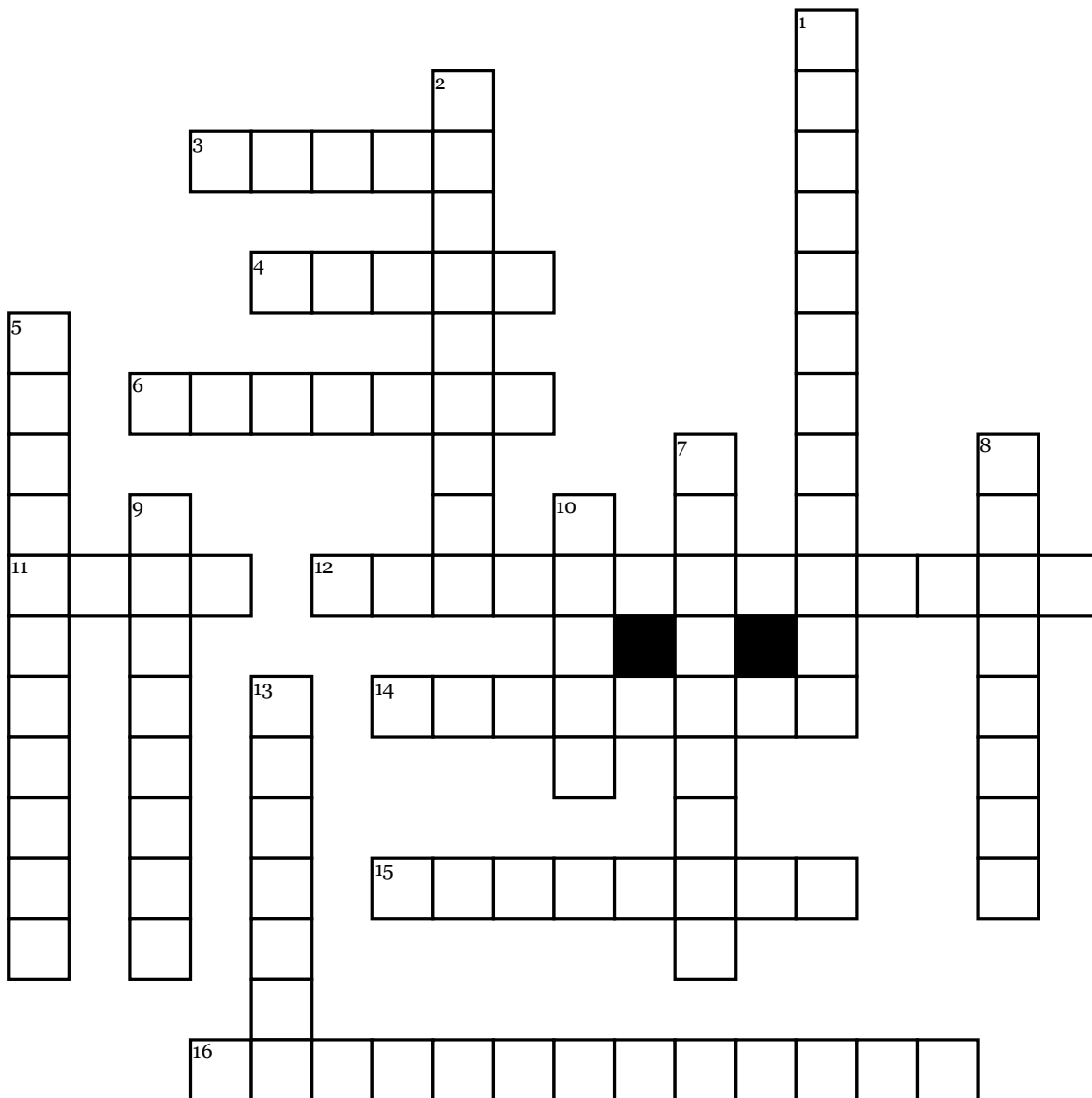


Name: _____

Medical Wellness - send completed crosswords to Benefitshelp@carbonblack.com



Across

- 3. Example of a healthy fruit
- 4. Drink this daily.
- 6. Sleep ____ vs quantity.
- 11. ____ are the 'window to our soul'.
- 12. A well-balanced breakfast improves ____.
- 14. Physical activity that leads to being healthy
- 15. Example of a healthy vegetable

- 16. In the US, Februray is _____ month.

Down

- 1. ____ heavy meals can make you feel drowsy.
- 2. Early ____ saves lives.
- 5. High ____ can be managed by living a healthy lifestyle.
- 7. To start a healthy lifestyle focus on

- 8. What is the longest time period you should wait before going to the Doctor if you notice a change in your health?
- 9. Genetic traits passed from parents to children
- 10. A ____ healthy diet includes fruits, veggies, fish, poultry, and nuts.
- 13. An annual ____ can detect serious problems such as diabetes, high blood pressure etc.