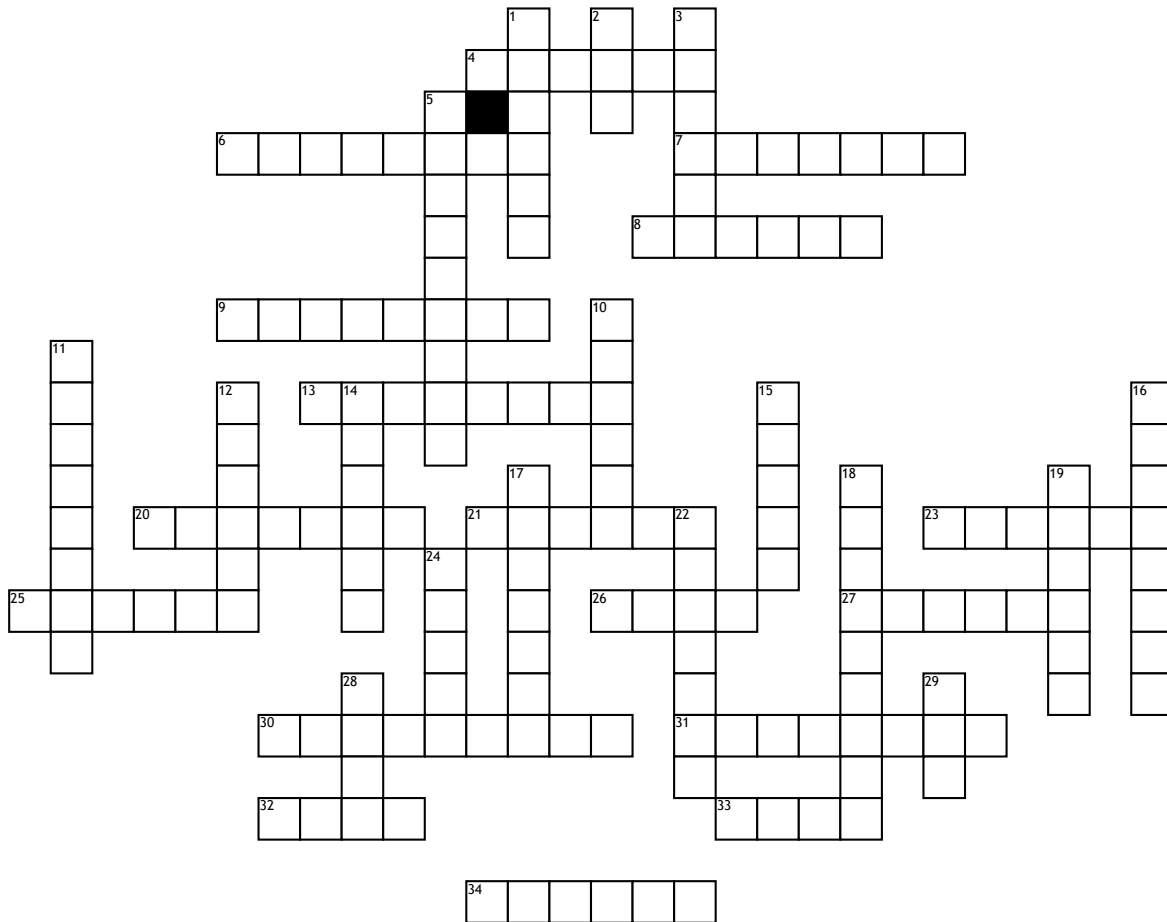


Wellness



Across

- 4. People who get out and experience the outdoors are healthier, happier people and avoid having this Deficient Disorder.
- 6. This flower's aroma repels mosquitoes.
- 7. The best mosquito-repelling plant of all.
- 8. These things that you do every day count as physical activity.
- 9. An activity that can reduce stress, improve fine motor skills, and nourish creativity.
- 13. Just because something is low in this doesn't make it nutritious or good for weigh loss.
- 20. The "feed me!" hormone
- 21. People who eat one to two daily servings of this have a cognitive ability that is 11 years younger than folks who don't.
- 23. A balanced life reduces it.
- 25. Use these instead of taking the elevator.
- 26. Washing hands thoroughly with soap and this kind of water has a big advantage over hand sanitizers.
- 27. Sleep gives our brains and bodies time to do this

- 30. These foods are less healthy than whole foods.
- 31. Schedule your physical activity as you would any other appointment, and put it there.
- 32. Where to stay if you're sick.
- 33. They are rich in the carotenoids, lutein and zeaxanthin, which protect your eyes from light damage.
- 34. If you have a cold, you should cough into a tissue or into your _____.

Down

- 1. If you don't practice mindful listening, your mind may do this.
- 2. One way to fit in fitness is to make it convenient and this.
- 3. Quality sleep is key for good _____
- 5. Standing water is the most common breeding ground for them.
- 10. Take at least one day off between exercising each specific _____ group.
- 11. Body weight training can be effective as this type of training.

- 12. Eat some of this every day, because your body can't store much Vitamin C.
- 14. Joining a team for soccer or softball is a good way to get this.
- 15. It's good to get 8 hours of it
- 16. It helps the body make vitamin D
- 17. Ounce for ounce, they are the top citrus source of vitamin C
- 18. If you want to save a bundle and improve your skin, load your shopping cart with these, that possess skin-hydrating, sun-protecting, and even wrinkle-preventing powers.
- 19. The hormone that signals when you're full
- 22. Do this to improve flexibility and increase circulation
- 24. At least half of all the grains you eat should be this type.
- 28. In order to get the most benefit from your exercise routine and to avoid injury, you must use the proper _____.
- 29. The condition of being depressed in winter