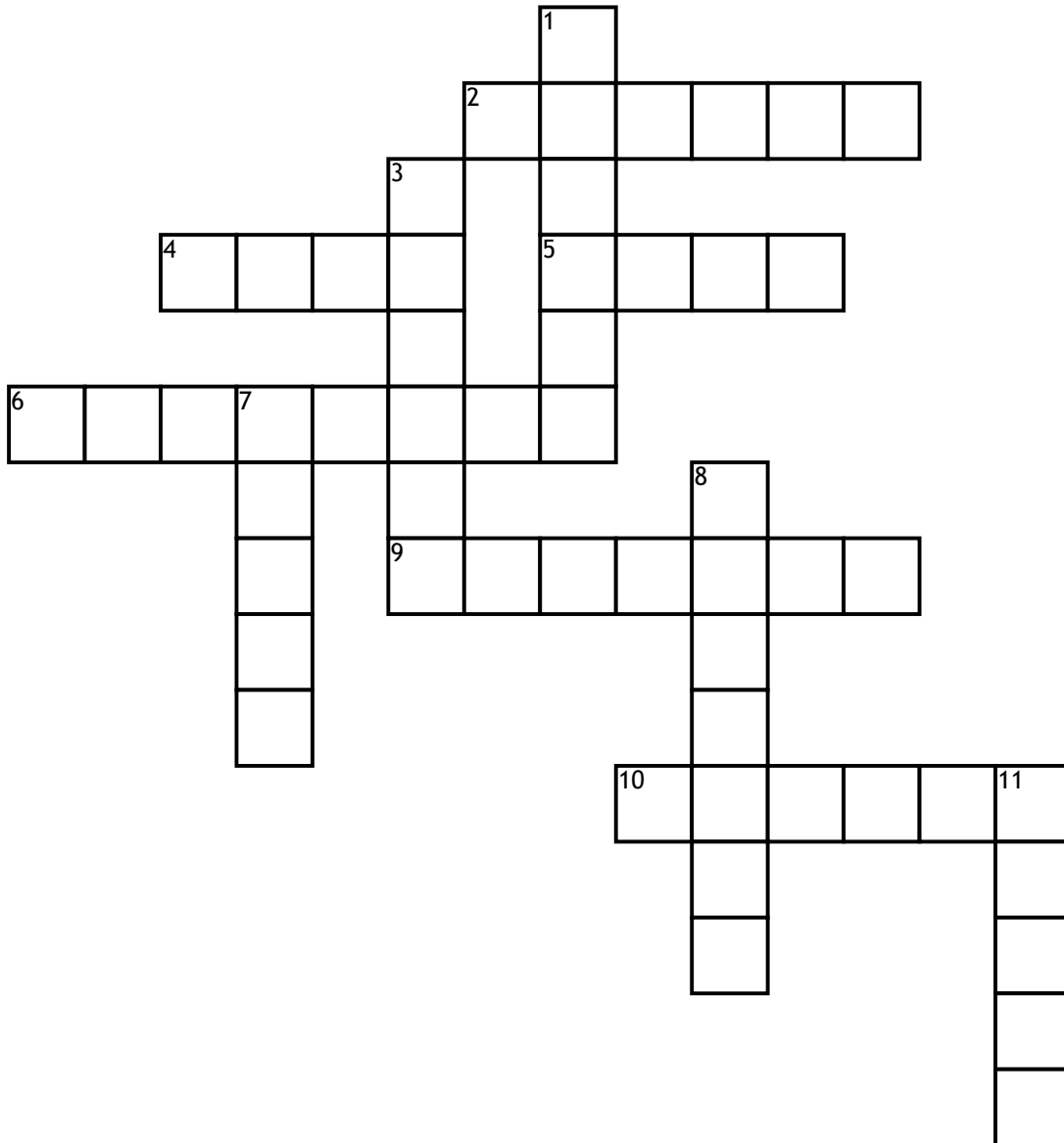


Your Christmas Gift



Across

2. An elastic fabric-bound strap with a hook at each end, used for securing luggage.
 4. To cause oneself to leave an elevated location and fall downward.
 5. The most important part of a thing; the essence.
 6. To exert for the sake of training or improvement; to practice in order to develop.
 9. The state or condition of having weight; weight; heaviness.

10. A state of well-being or balance, often physical but sometimes also mental and social; the overall level of function of an organism from the cellular (micro) level to the social (macro) level.

Down

1. Hired strongmen or bodyguards.
 3. To produce or disclose unexpectedly, especially of surprises, traps, etc.
 7. Lacking sharp angles; having gentle curves.
 8. The cultivation of an attractive and/or healthy physique
 11. Courage; courageous purpose; spirit.