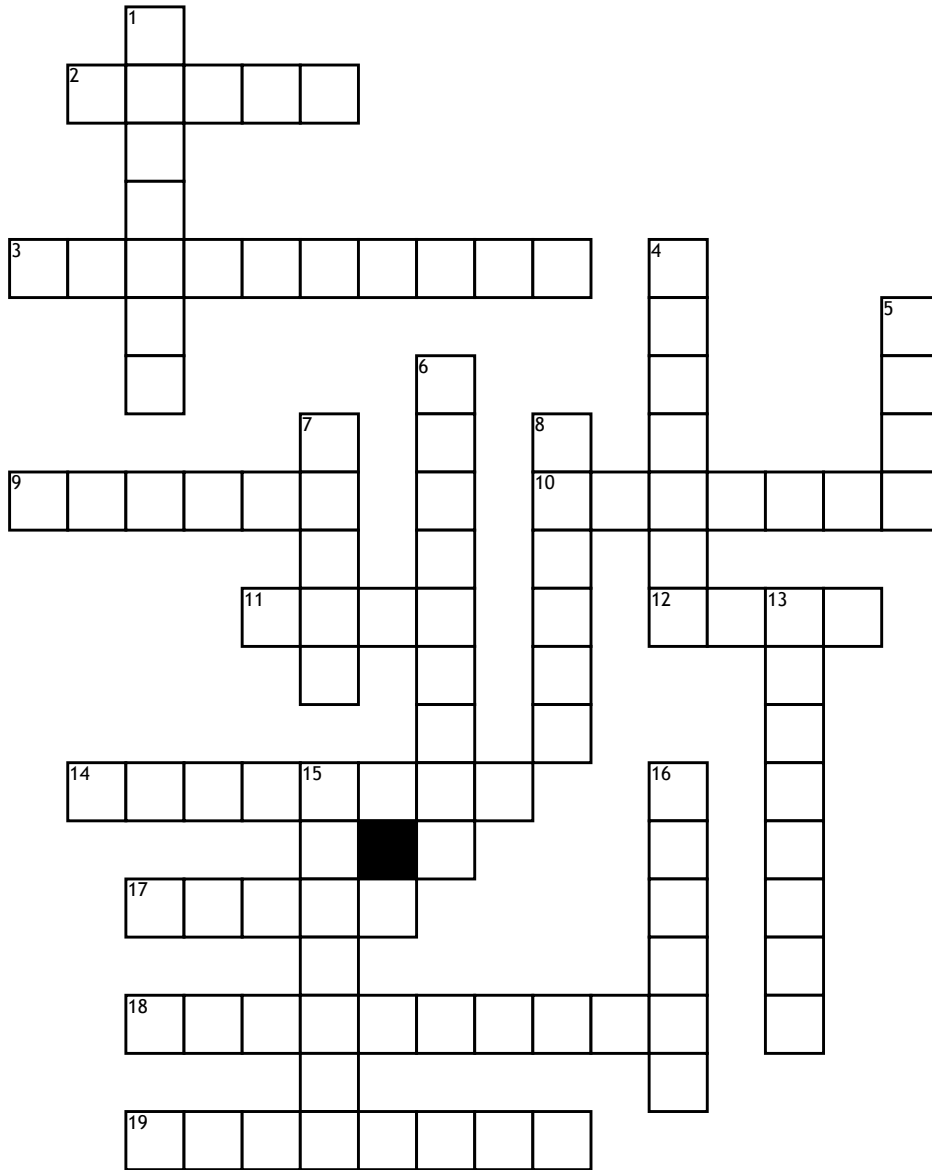


# Healthy Lifestyle



## 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