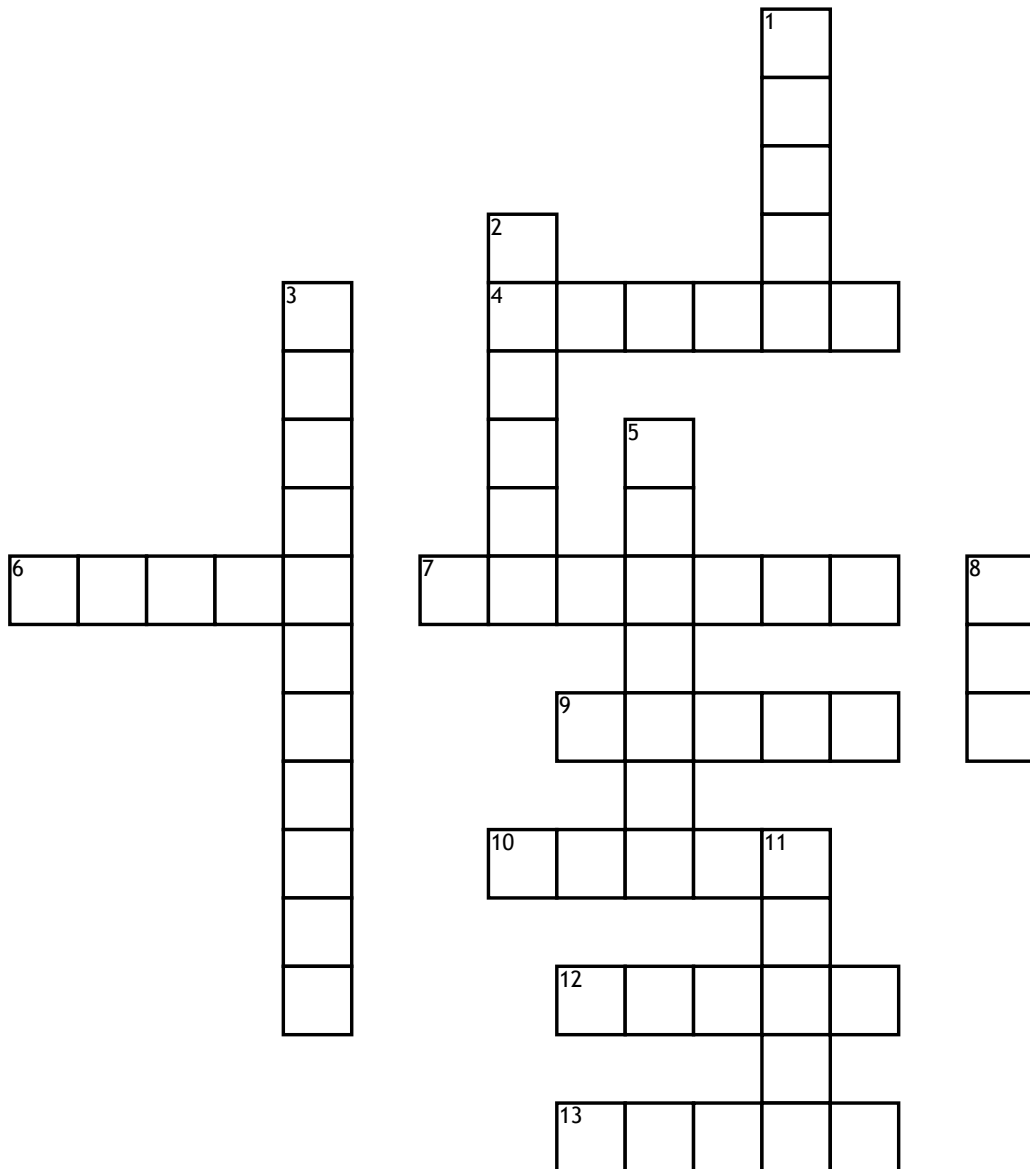


Name: \_\_\_\_\_

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

# Health and Wellness Crossword Puzzle



## Across

4. aa

6. You should always cough into this (Not your hands!)

7. Drinking this is bad for your liver.

9. About how many hours of sleep should you get a night?

10. You should drink \_\_\_ glasses of water a day.

12. Swimming and running are good for your \_\_\_?

13. Using this as a sweetener in tea can help with sore throats and coughing, and it is healthier than sugar.

## Down

1. "An \_\_\_ a day keeps the doctor away"

2. This type of health is as important as physical health.

3. This is the best way to prevent the spread of germs.

5. This can cause lung cancer and kills 20% of people.

8. You should get this vaccine every year.

11. The average brain weighs \_\_\_ pounds.