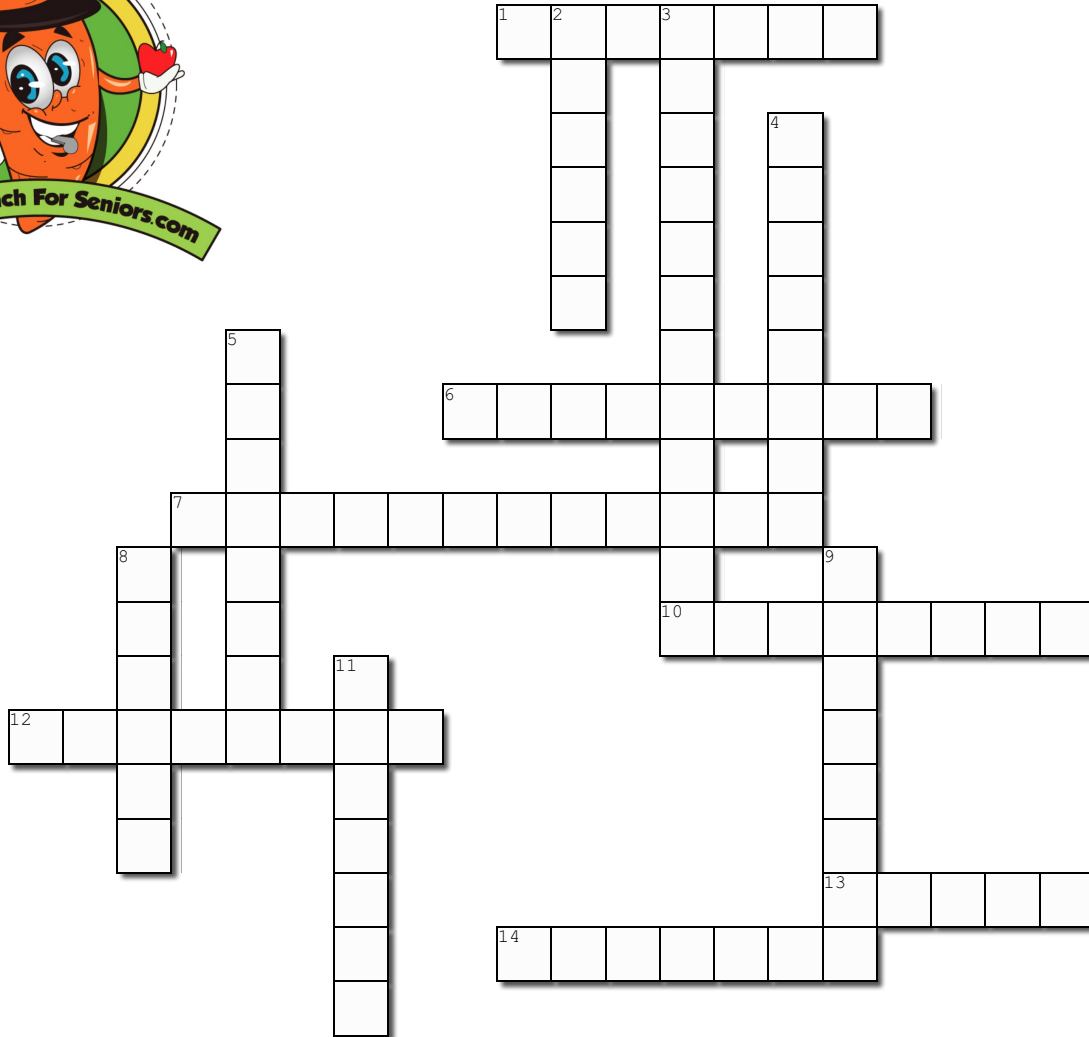




# Healthy Lifestyle



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## Across

1. A general physical examination.
6. Length or duration of life or viability.
7. Contributing to the hindrance of disease
10. The state or quality of being strong; physical power or capacity.
12. To train, calm, or empty the mind.
13. A period of this form of rest.
14. Good health, especially good physical condition resulting from exercise and proper nutrition.

## Down

2. The overall condition of an organism at a given time.
3. Gymnastic exercises designed to develop muscular tone and promote physical well-being.
4. Activity that requires physical or mental exertion, especially when performed to develop or maintain fitness.
5. A source of nourishment, especially a nourishing ingredient in a food.
8. Exercise that increases heart rate.
9. The quality or state of being in good health.
11. To extend (oneself or one's limbs, for example) to full length.