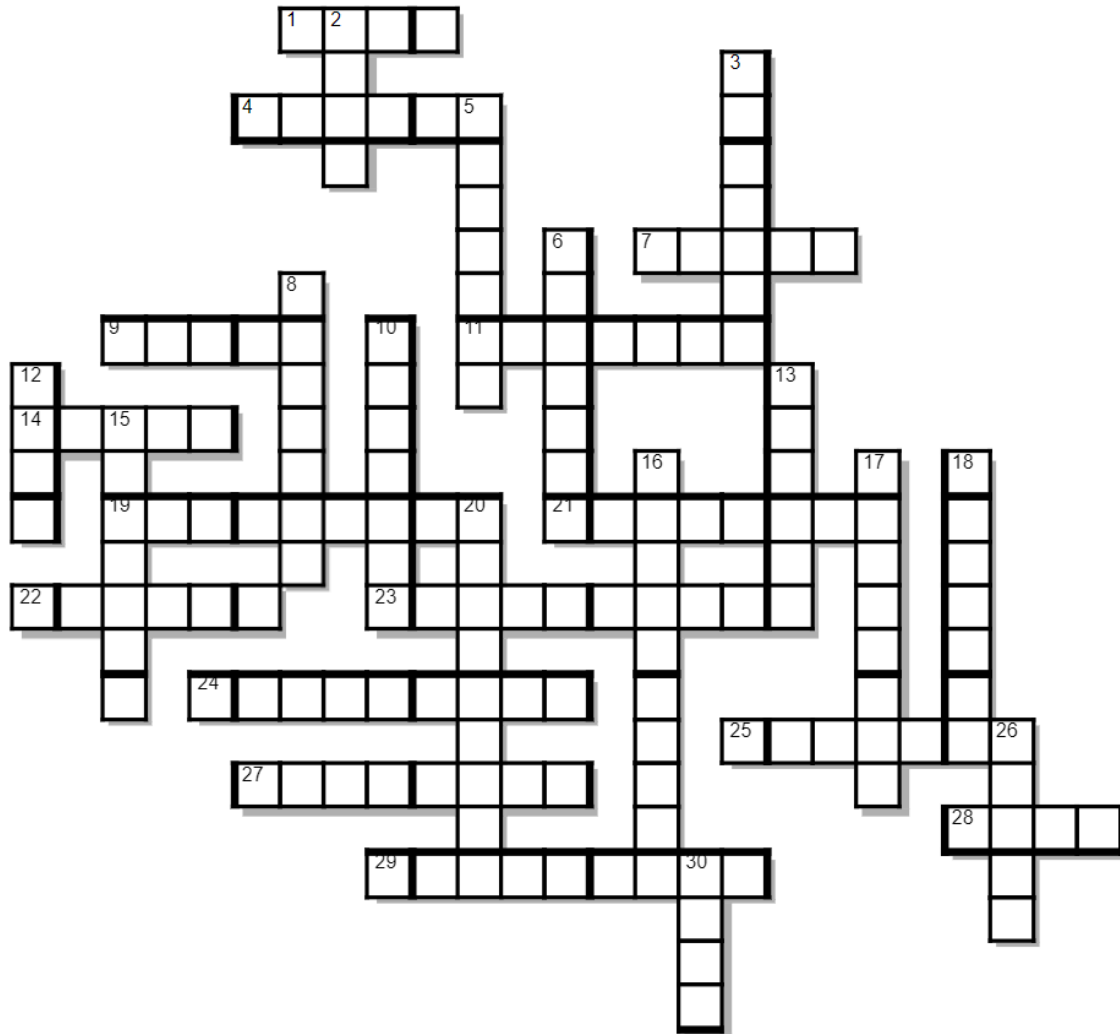




# Physical Wellness Crossword



## Clues

### ACROSS

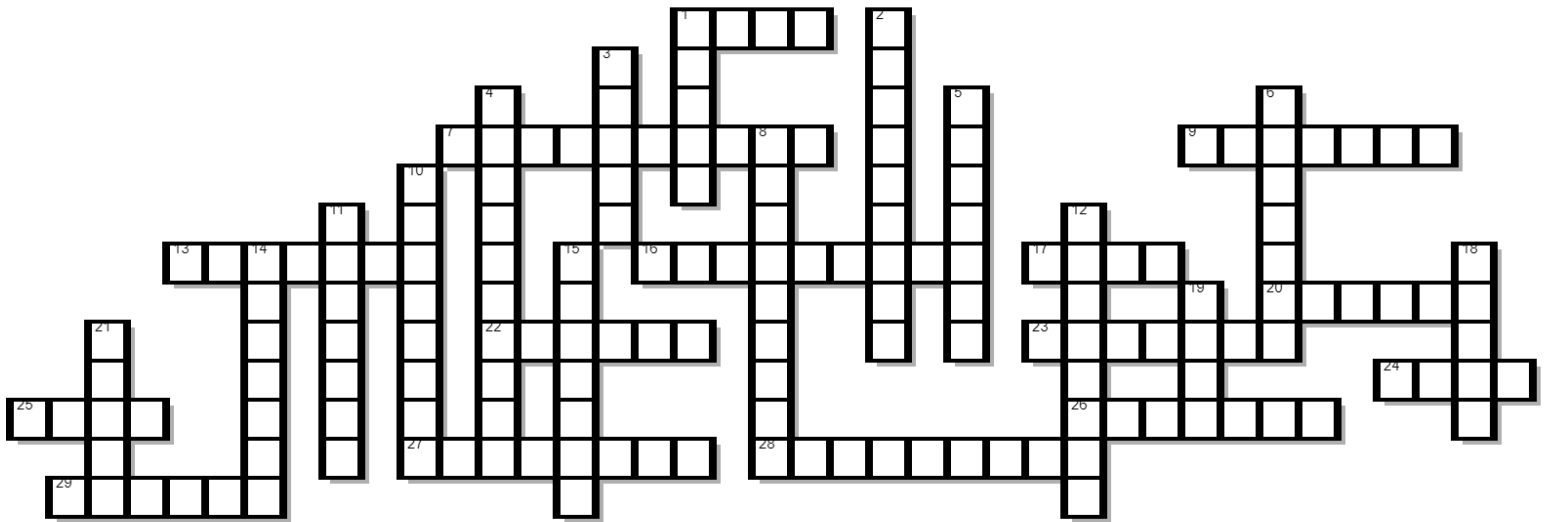
- 1 A special course of food to which one restricts oneself to lose weight or for medical reasons.
- 4 Joining a \_\_\_\_\_ team, like pickleball or bowling, is great for the physical and social dimensions of wellness.
- 7 \_\_\_\_\_ foods are natural foods with minimal processing, such as brown rice, nuts, beans, and oats.
- 9 Dietary \_\_\_\_\_, which is found mainly in fruits, vegetables, whole grains, and legumes, is best known for its ability to prevent or relieve constipation.
- 11 The unit of energy that measures how much energy food provides to the body.
- 14 \_\_\_\_\_-3 is the essential fatty acid found in fish.
- 19 It's important to schedule regular appointments with your \_\_\_\_\_.
- 21 The physical activity that improves fitness and exerts the body with movement and increases the heart rate.
- 22 Aerobic exercise that stimulates and strengthens the heart and lungs.
- 23 The body's process of converting food to energy.
- 24 The process of making your body drink enough water.
- 25 Getting your flu shot is a great way to reduce your risk of \_\_\_\_\_.
- 27 \_\_\_\_\_ and minerals are the essential compounds and elements needed for good health.
- 28 Adults aged 65 and older need at least 150 minutes per \_\_\_\_\_ of moderate-intensity activity such as brisk walking.
- 29 Where this topical product for the skin that helps protect against sunburn and prevent skin cancer.

### DOWN

- 2 The mineral necessary for blood production found in foods like spinach and red meat.
- 3 The simple sugar and energy source that can be found in honey, starchy vegetables, baked goods, and fried foods.
- 5 Exercise movement to lengthen muscles, tendons, and other soft tissues in order to improve flexibility, increase range of motion, and prevent injuries.
- 6 You can maintain your independence by taking \_\_\_\_\_ classes to prevent falls and strengthen stability and coordination.
- 8 The essential nutrient for muscle growth found in beans, chicken, and eggs.
- 10 The mineral important for bone health.
- 12 A posture-based physical fitness, stress-relief, and relaxation technique.
- 13 The mineral found in salt that is important for fluid balance.
- 15 Make sure to eat fresh and throw out any \_\_\_\_\_ food that has gone bad or is past its date.
- 16 The process of providing or receiving medical treatment.
- 17 The remedy to treat or prevent disease, especially a drug or drugs taken by mouth.
- 18 Core-strengthening exercises performed on a mat or using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.
- 20 Health-conscious meals with fresh ingredients are a good source for \_\_\_\_\_.
- 26 You need to be getting 7-9 hours of regular \_\_\_\_\_ every night for essential rest.
- 30 Protect your \_\_\_\_\_ regularly by wearing sunglasses or protective goggles, adjusting lighting and screen settings, and visiting an optometrist.



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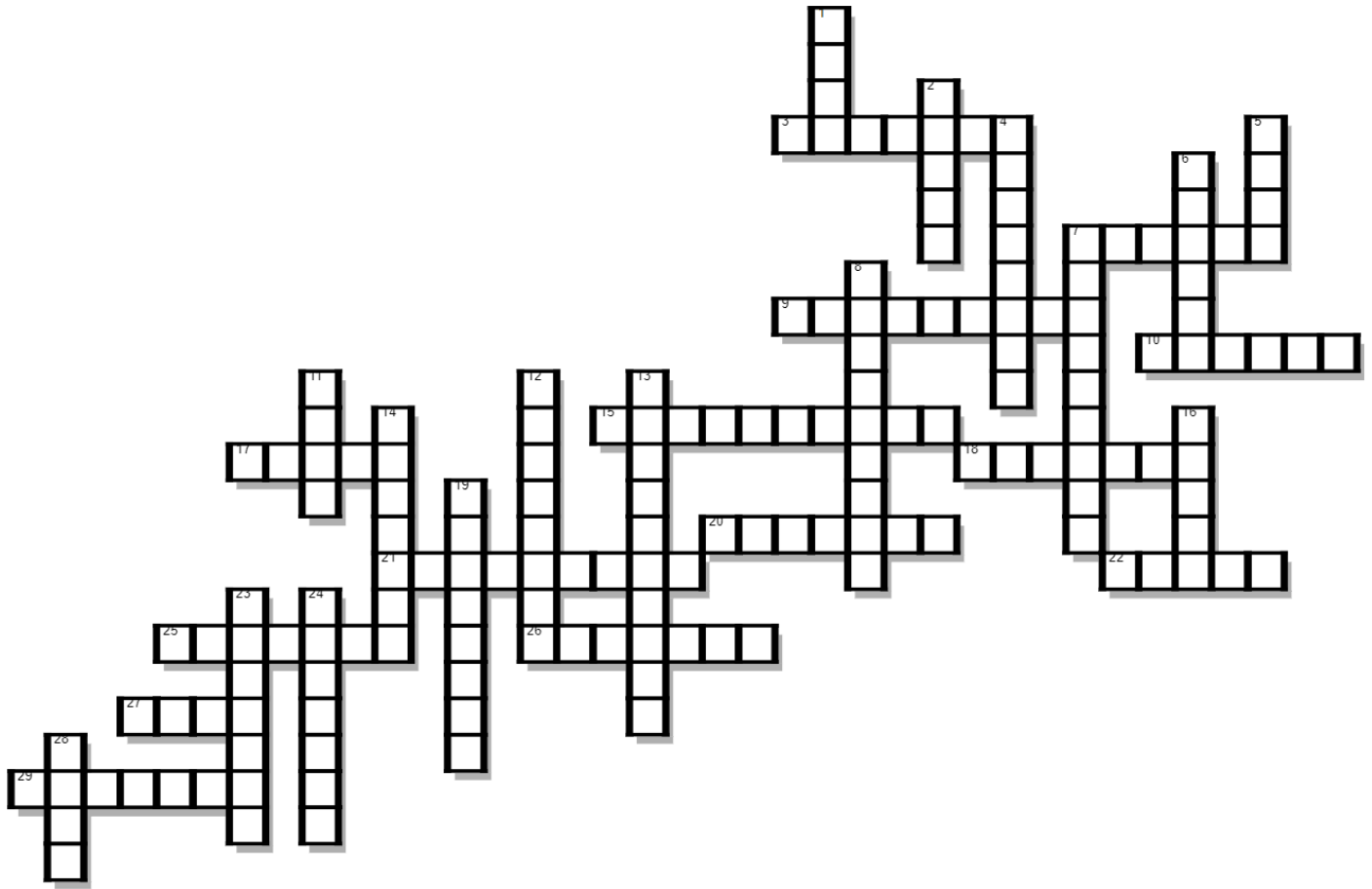
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- The simple sugar and energy source that can be found in honey, starchy vegetables, baked goods, and fried foods.
- Wear this topical product for the skin that helps protect against sunburn and prevent skin cancer.
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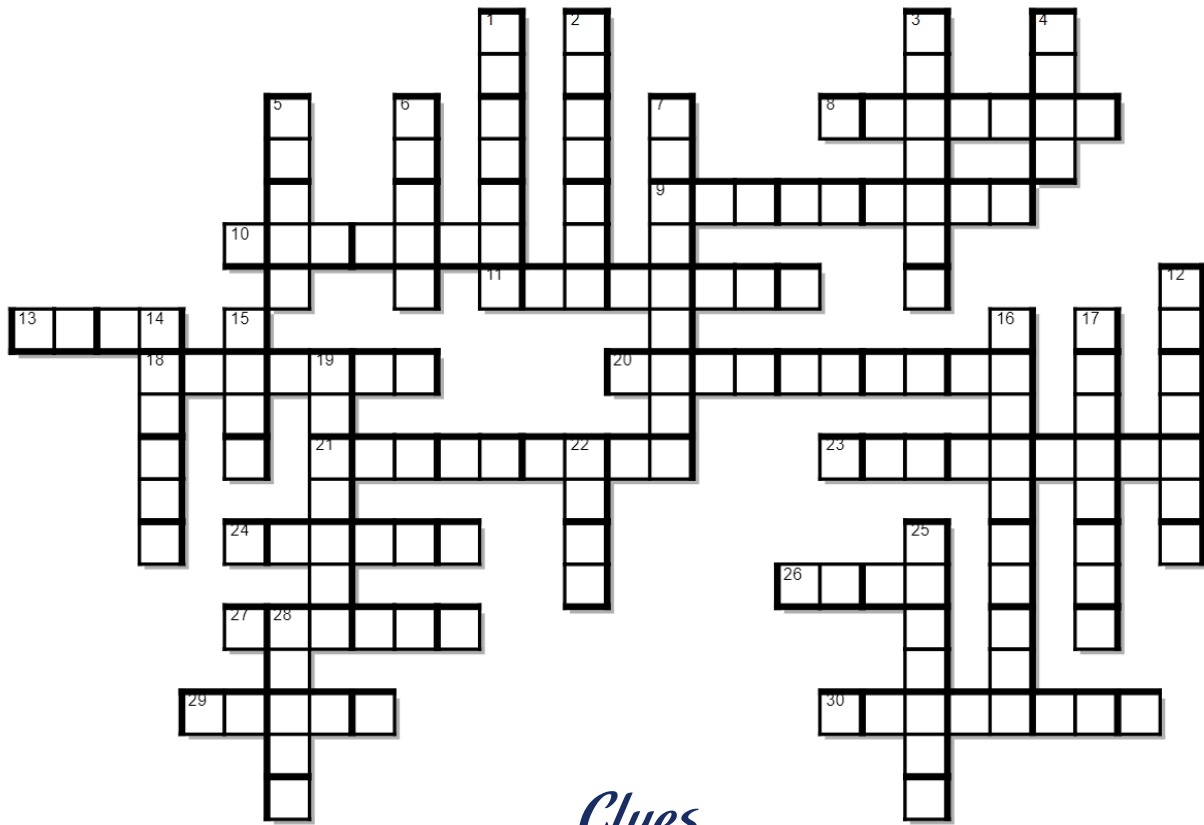
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