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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Health and Wellness Crossword Puzzle

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| **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. |