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Health and Wellness

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| **Across**  **2.** Beliefs and behaviour shared by a group of people  **4.** You should maintain a healthy  **7.** Ability to handle the problems and pressures of daily living  **10.** This can cause lung cancer  **12.** Number of years you expect to live  **14.** Physical activity that leads to healthiness  **15.** Eating proper foods and proper amounts of food | **Down**  **1.** Example of a healthy vegetable  **3.** The minimum number of how many times a week you should exercise  **5.** Bodys ability to meet the demands of daily living  **6.** Genetic traits passed from parents to children  **8.** No sickness  **9.** What you should drink a lot of  **11.** Example of a healthy fruit  **13.** About how many hours of sleep should should get |