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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 |