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Staying Healthy For the Summer

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| **Across**  **1.** Needed to stay healthy  **6.** Check with your physcian if your urine is this color  **8.** Another name for controling body temperature  **9.** 22% is made of water  **10.** Another name for drinking more water | **Down**  **2.** Drinking this replaces what is lost from excessive sweating  **3.** Preferred to rather than plain water  **4.** Contains 90% water of higher  **5.** Eating plenty of this vegetable is another source of staying hydrated  **7.** Balances out electrolytes |