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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 |