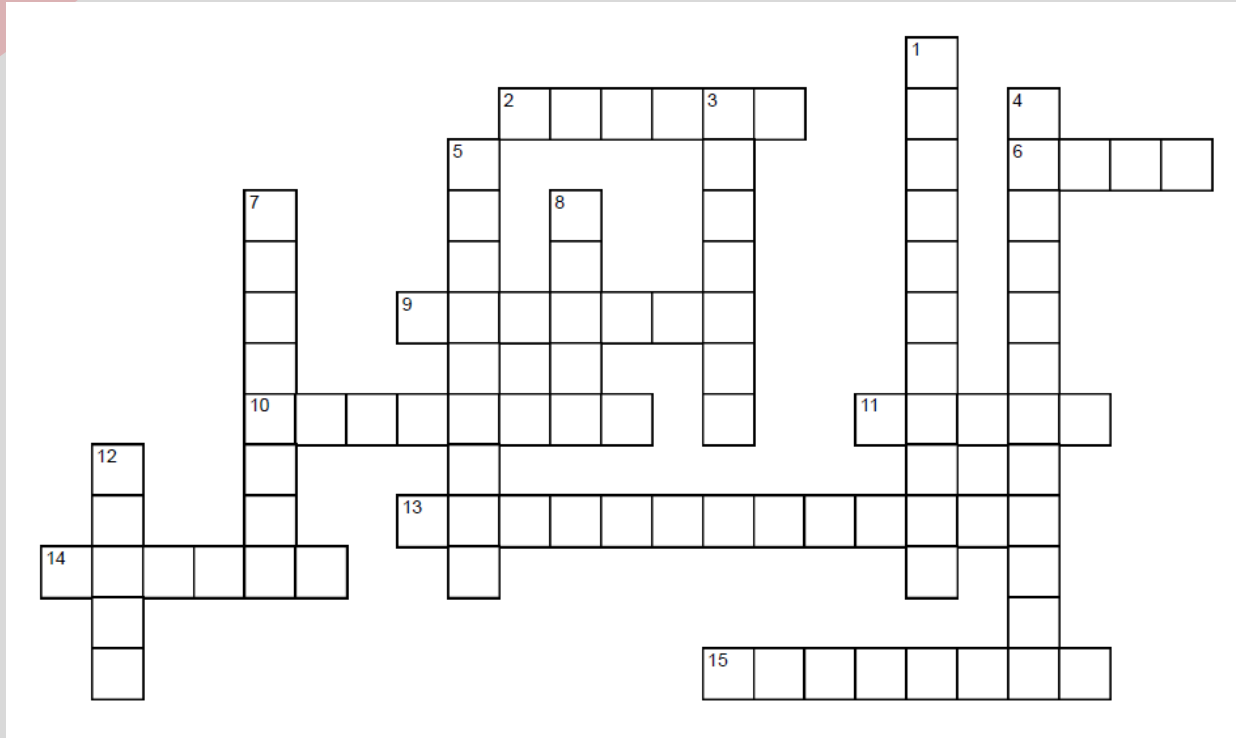


WELLNESS CROSSWORD PUZZLE



ACROSS

- 2 This type of wellness is the ability to relate to and connect with other people in our world
- 6 Type of exercise focused on breathing and a series of poses to increase strength and flexibility
- 9 The feeling of control and stability over your body
- 10 You should aim to get at least 30 minutes of this daily
- 11 Getting 8 hours of this each day is important to overall well-being
- 13 Main source of energy
- 14 A natural response to positive and negative life events
- 15 Nutrients that help regulate body functions

DOWN

- 1 Ability to move a joint through its full range of motion
- 3 A feeling of worry, nervousness or unease about something with an uncertain outcome
- 4 High blood pressure
- 5 Type of wellness that refers to having knowledge and stability regarding money
- 7 A disease where your body does not produce or use insulin properly
- 8 Setting long and short-term of these will help you achieve success
- 12 You should aim to drink 64 ounces of this daily