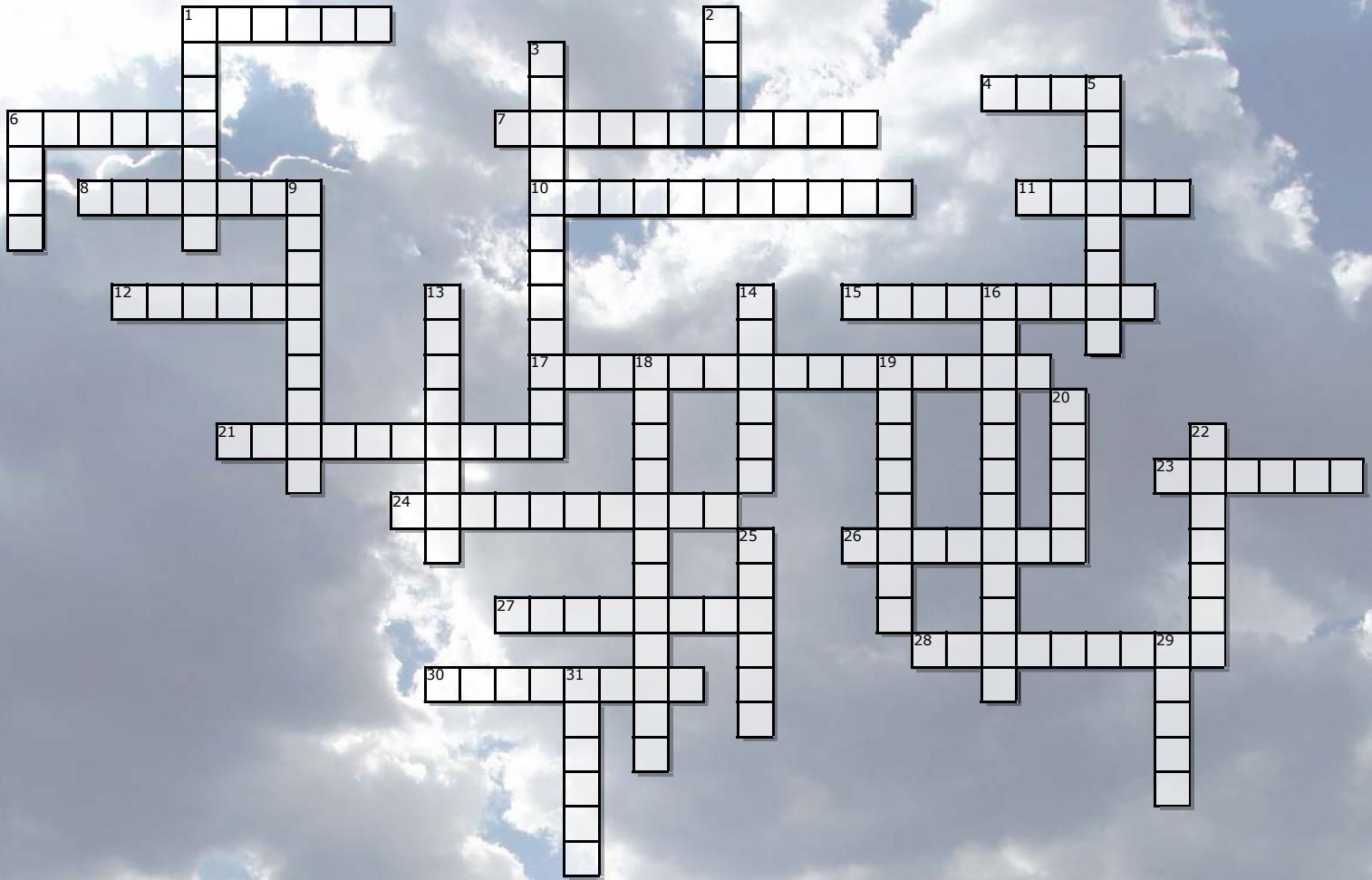


Build A Healthy Mind, Body, & Spirit



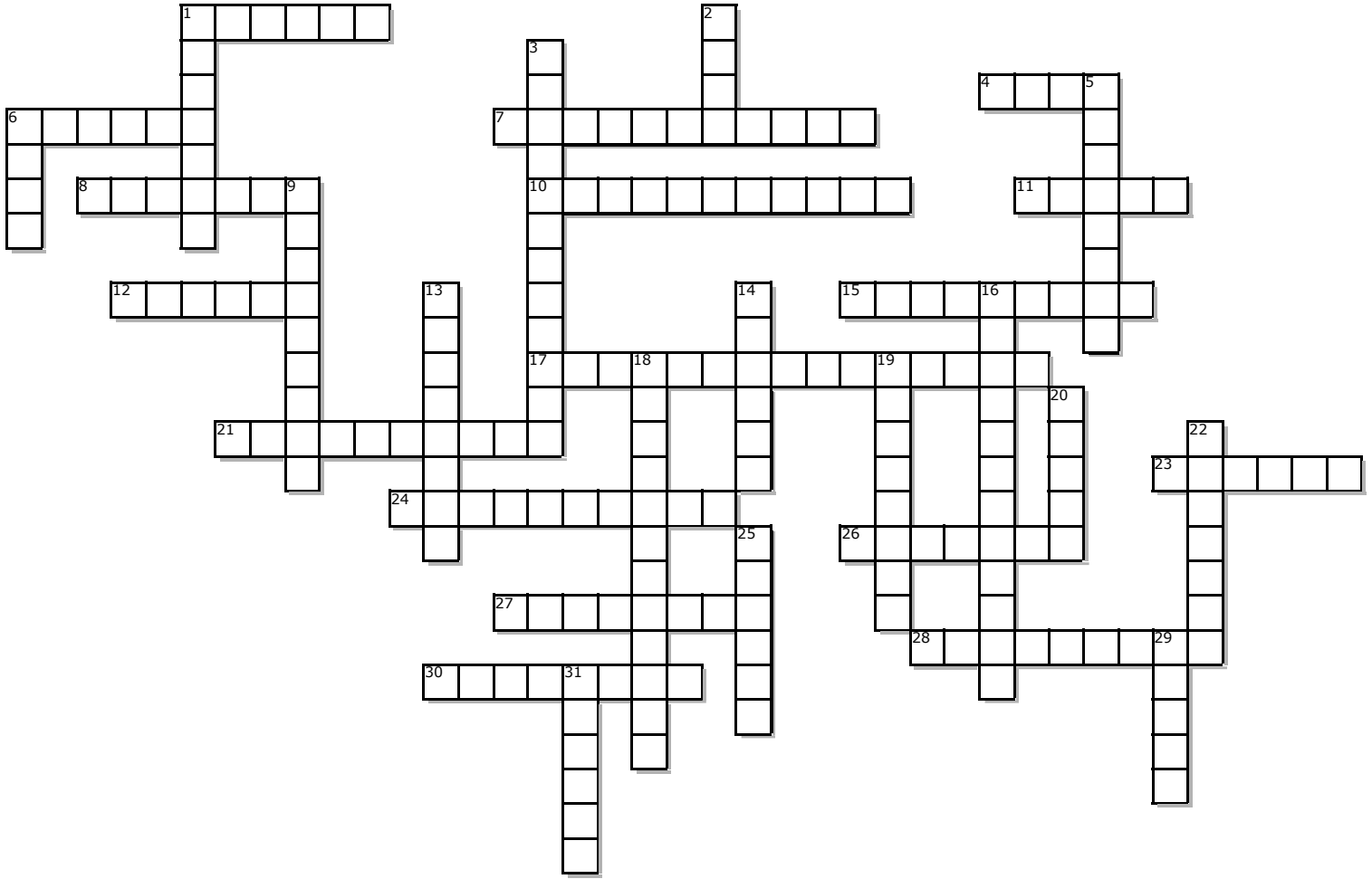
ACROSS

- 1 "I heard a definition once: Happiness is health and a short ____! I wish I'd invented it, because it is very true." - Audrey Hepburn
- 4 "Early to bed and early to rise, makes a man healthy wealthy and ____" - Benjamin Franklin
- 6 Build a ____ list that you want to accomplish in your lifetime.
- 7 "For me, exercise is more than just physical—it's ____." - Michelle Obama
- 8 ____ your dog is a great way to get some exercise.
- 10 The brain generates enough ____ to power a light bulb.
- 11 The average brain weighs ____ pounds.
- 12 "The ____ of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly." - Buddha
- 15 "____ is the highest form of health." - Dalai Lama
- 17 The brain's ____ allows it to adapt and respond to changes.
- 21 Exercise releases ____, powerful chemicals in your brain that energize your spirits and make you feel good.
- 23 Regular exercise can also boost your ____ system and reduce the impact of stress.
- 24 Running 15 minutes or 1 hour a day reduces the risk of major ____ by 26%.
- 26 "Life is like riding a _____. To keep your balance, you must keep moving." - Albert Einstein
- 27 "Be careful about reading health books. You may die of a ____." - Mark Twain
- 28 "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most ____ to change." - Charles Darwin
- 30 "Lack of ____ destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." - Plato

DOWN

- 1 "Even a ____ may turn out to be the one thing necessary to a worthwhile achievement." - Henry Ford
- 2 "In the game of ____, before you can get anything out, you must put something in." - Zig Ziglar
- 3 "All great ____ require time." - Maya Angelou
- 5 Can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.
- 6 "The human ____ is the best picture of the human soul." Tony Robbins
- 9 Keep a ____ journal to highlight all the things you're thankful for.
- 13 This may be one of the most basic emotional responses, but the impact it has on our mental as well as physical health is huge.
- 14 Taking an ____ course can help you sharpen your business skills.
- 16 "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative ____ activity." - John F. Kennedy
- 18 You may want to take on a big project like cleaning your ____ to occupy your time.
- 19 ____ a hobby or activity you've always wanted to try, but never had the time to actually pursue.
- 20 Here are some things you can do around the ____ to get some exercise, cleaning, washing the car, mowing the lawn, and sweeping.
- 22 "To ____ is to change; to be perfect is to change often." - Winston Churchill
- 25 Your brain gets ____ with use.
- 29 "I will ____ at the world." - Og Mandino
- 31 Create a ____ board with pictures of what you want to achieve, and glance at it regularly.

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