

	1.												
	A								4.				
6.	R	I	2.	N	D	S			O				
	B		A										
	O		T		7.	I	M	3.		T			
	H							X		R			
	Y							8.	N	O		G	5.
	9.	R	I		K			R		L			O
	R							C					
													B
	T							S					Y
10.	E	G	E	T		B		E	S				
	S												

Fill in the blanks based on the crossword puzzle given above.

1. Eat less _____.
2. _____ a balanced diet.
3. Do some _____ like walking or playing games.
4. _____ your diet.
5. Start a new _____ to have fun.
6. Make new _____ through your hobby.
7. Spend less _____ with gadgets like television or phone.
8. Get _____ sleep every night.
9. _____ a lot of water.
10. Eat more fruits and _____.