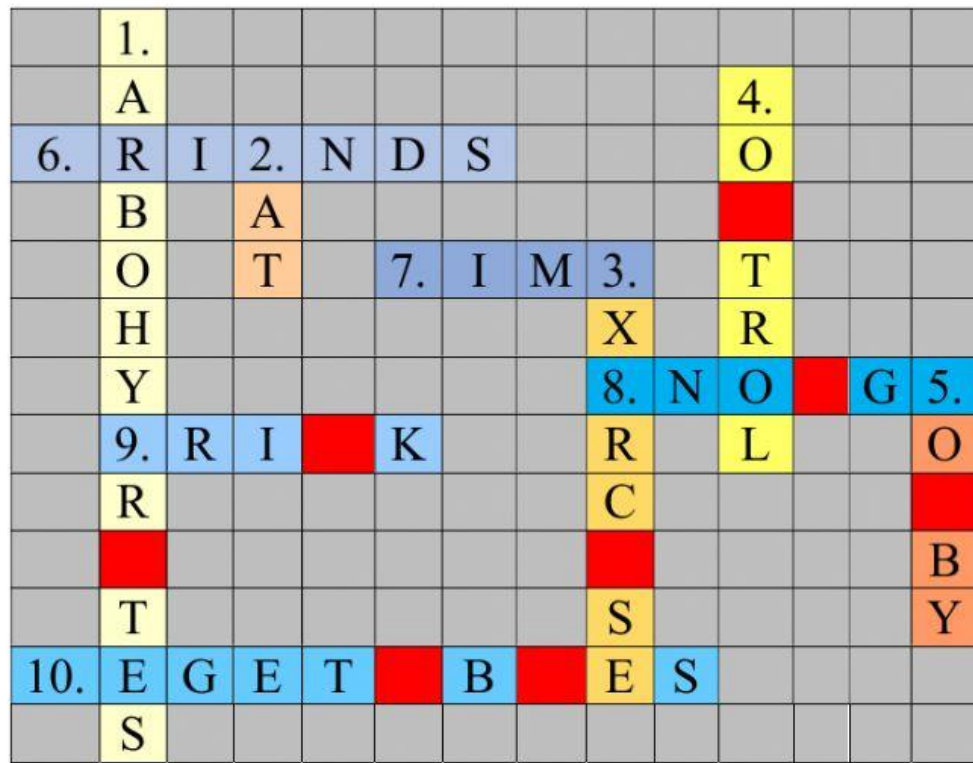




Fill in the blanks based on the crossword puzzle given above.

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 _____.