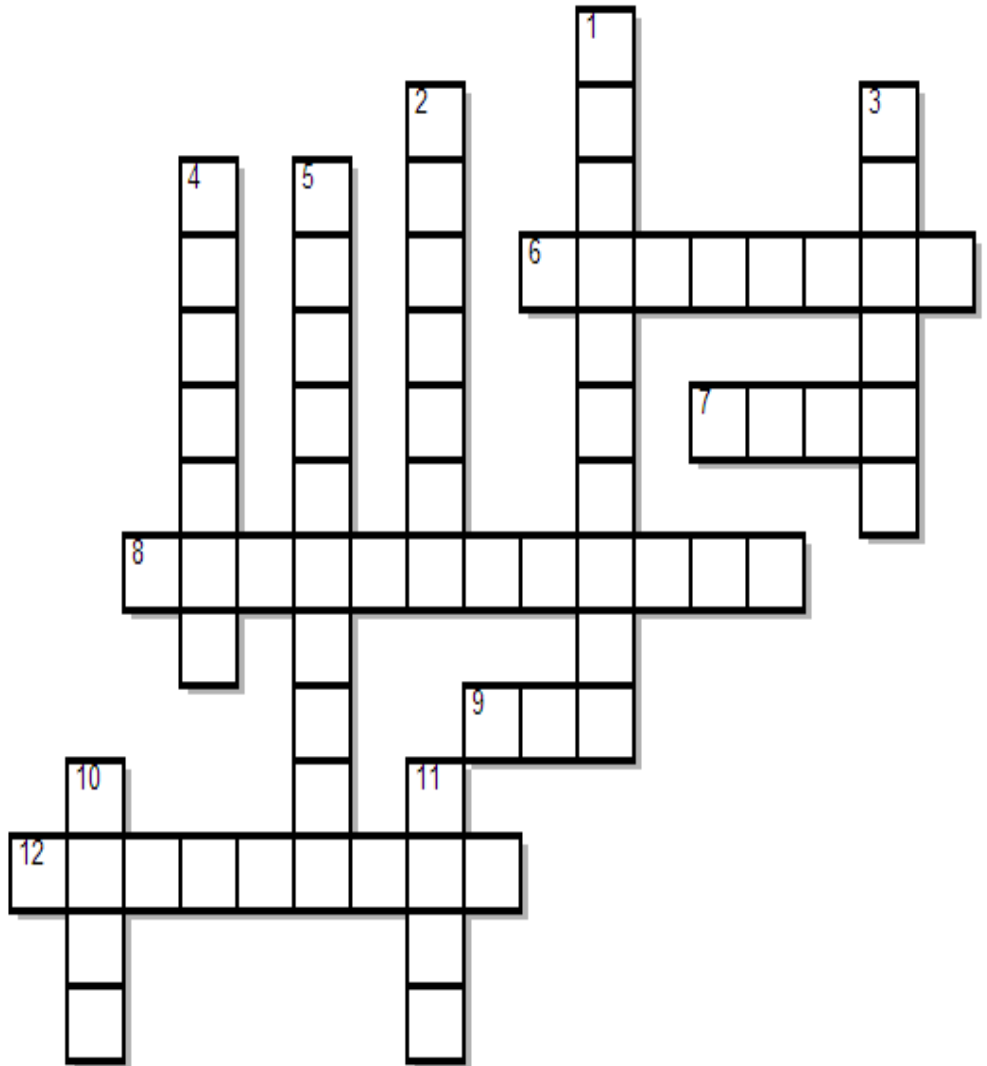




DOWN:

1. I SHOULD ONLY HAVE 2 HOURS
MAXIMUM OF _____
_____ A DAY.
2. FIT-TASTIC TEACHES KIDS
_____ HABITS FOR A
_____ FUTURE.
3. PUT FRESH OR FROZEN FRUIT IN
YOUR _____ FOR
BREAKFAST.
4. UNPLUG AND ONLY HAVE 2
HOURS _____ OF
SCREEN TIME.
5. _____ ARE
GREAT FOR AN AFTERNOON
SNACK.
10. 3 SERVINGS OF LOW OR NONFAT
_____ OR YOGURT.
11. I SHOULD HAVE _____
SERVINGS OF FRUITS AND
VEGETABLES A DAY.



ACROSS:

6. YOU SHOULD DRINK 4 _____ OF WATER A DAY TO STAY HYDRATED.
7. I STAY ACTIVE ONE _____ A DAY TO STAY HEALTHY!
8. _____ (TWO WORDS) CAN ROTTEN MY TEETH!
9. FOUR 15 MINUTE BURSTS OF ACTIVITY A DAY, ADD UP TO _____ HOUR.
10. 12345 _____.