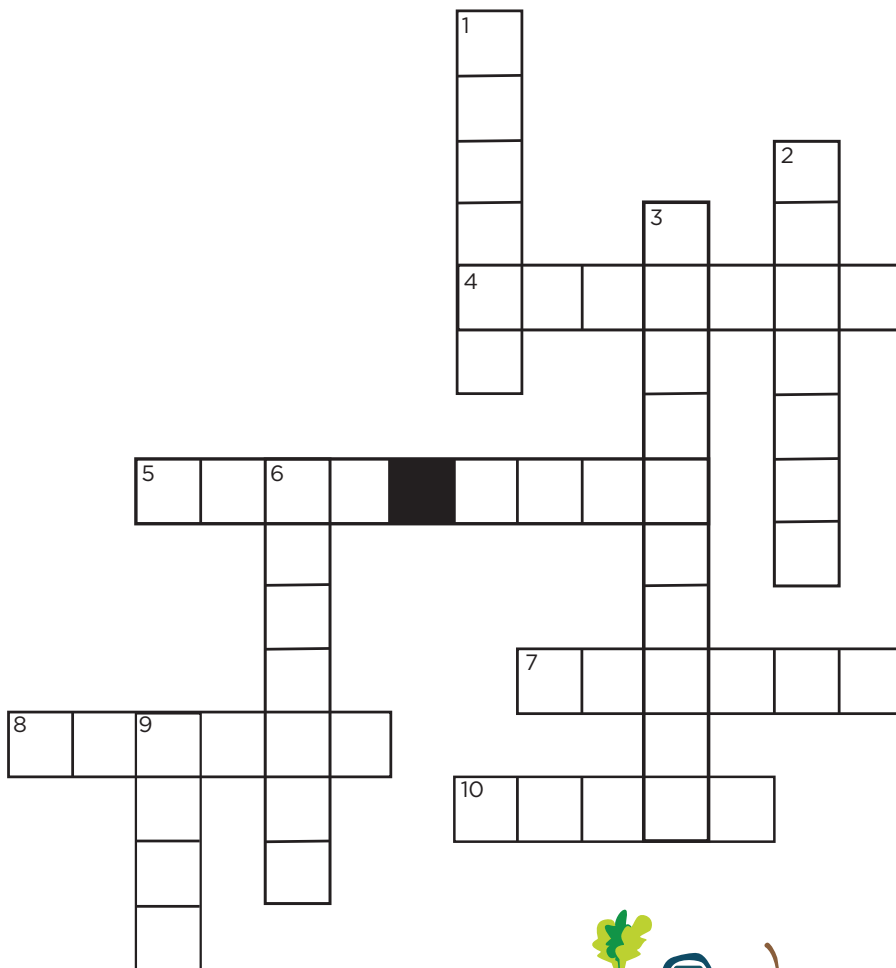


Shape Your Future

# BRAIN GAMES



**CROSSWORD** Use the clues to fill in the crossword puzzle below!

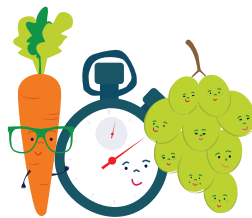


## ACROSS

4. Eat better. Move more.  
Be \_\_\_\_\_ free.
5. It gets twirled in games like Double Dutch.
7. Vine fruit that comes in bunches.
8. Red fruit and a main ingredient in salsa.
10. Granny Smith and Red Delicious are types of this fruit.

## DOWN

1. Fill half your plate with \_\_\_\_\_ and veggies at every meal.
2. Always wear a helmet when riding one of these.
3. Activity filled with layups, bank shots and swishes.
6. Kids need 60 \_\_\_\_\_ of activity each day.
9. Low fat dairy product poured into cereal.



Remember, fill half your plate with fruits and veggies  
and get 60 minutes of physical activity every day!

Get clued in on more fun activities and healthy tips at

 **ShapeYourFutureOK.com**

