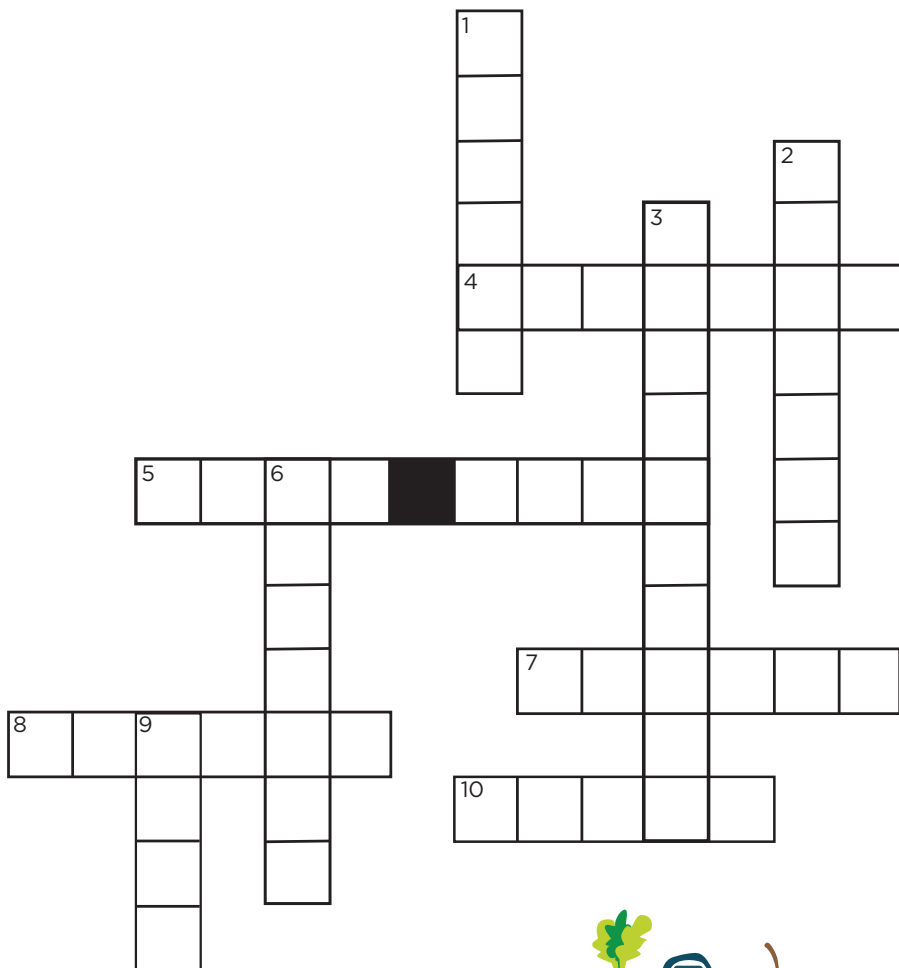


BRAIN GAMES



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

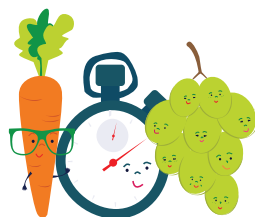


ACROSS

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

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