

# Live Healthy

## Horizontal

2. You need 8 hours of this every night

3. Drinking plenty of water

5. Indiana is known for this sport

7. Popular summer exercise

8. Moving to the beat

10. Hanging out with friends

		1		
2				

3								
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4	
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7							
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8						
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9	
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10										
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## Vertical

- This helps with relaxation and de-stressing
- 10,000 steps is a great goal for this
- Jumping on this is great exercise
- Marathoners do this

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(Solution)

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<sup>1</sup>M  
<sup>2</sup>S L E E P

D  
<sup>3</sup>H Y D R A T I N G

T  
A  
<sup>4</sup>W  
<sup>5</sup>B A S K E T B A L L

L  
K  
<sup>7</sup>S W I M M I N G

<sup>6</sup>T  
R  
<sup>8</sup>D A N C I N G

M  
P  
O  
L  
<sup>9</sup>R  
U  
<sup>10</sup>S O C I A L I Z I N G  
N  
E

## Vertical

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