

Brain Health Crossword Puzzle

Across

Version #1

4. Eating anti-oxidant rich fruits & _____ is an important part of a healthy diet.

7. Foods rich in Omega _____ fatty acids help reduce inflammation & improve health.

8. The practice of deep _____ can help reduce stress & relax the body.

10. Social engagement & intellectual pursuits can help keep your _____ sharp.

11. Doing short _____ everyday is more effective than getting lots of exercise only 1 or 2 days per week.

13. Walking is one of the safest & easiest ways to get an _____ workout.

Down

1. Vitamins & _____ pills shouldn't be a substitute for a healthy diet.

2. Fruits & vegetables get their color from the _____ in them, which can also provide us with health benefits.

3. Managing & reducing _____ is an important part of a brain healthy lifestyle.

5. A jog or brisk walk can lift your mood because of the _____ the brain releases during exercise.

6. _____ is the key to protecting brain health.

9. Learning a new _____ can be a challenging & rewarding way to exercise the brain.

12. Resistance exercises that build _____ can also spur the growth of new brain cells.

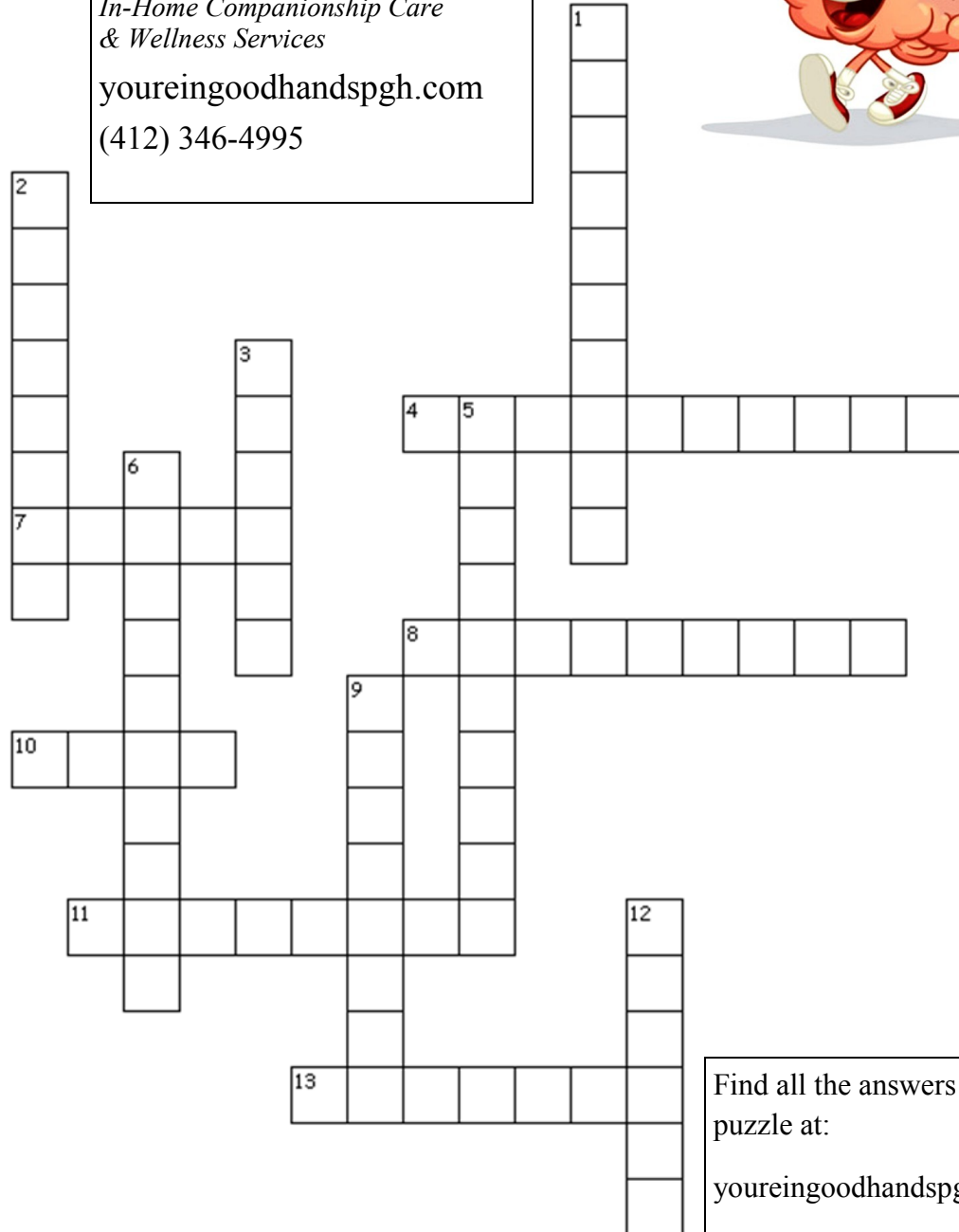
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