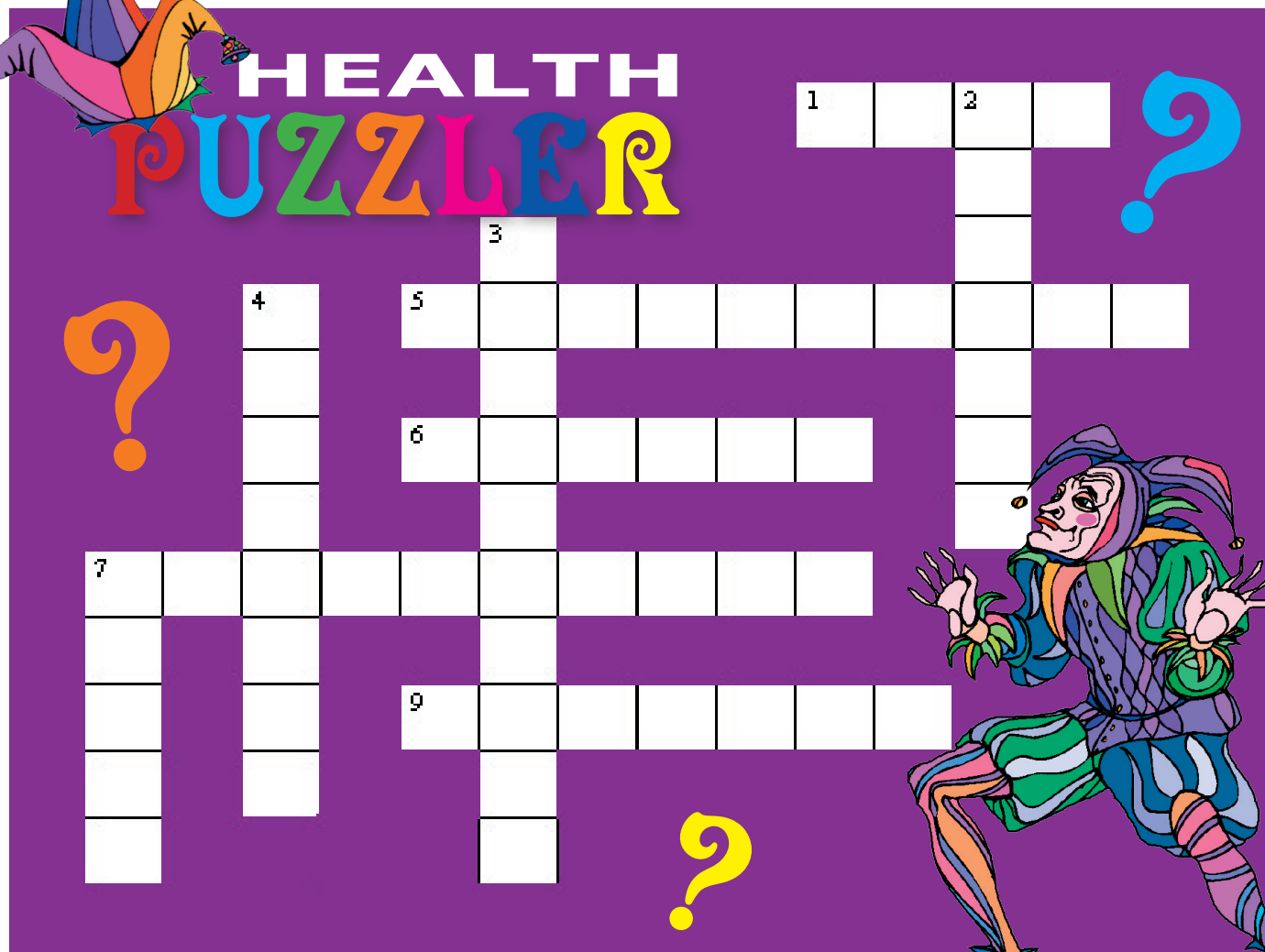


Express Your Health!™



HEALTH PUZZLER



ACROSS

1. A great step to a healthier life is to eat ___ to nine servings of fruits and vegetables each day.
Hint: Variety, Balance, and Moderation - www.cdc.gov/nccdphp/dnpa/tips/index.htm
5. Dr. Julie ___ is the Director of the CDC
Hint: About CDC: The CDC Director - www.cdc.gov/about/director.htm
6. Always wear your ___ when riding your bike.
Hint: Play It Safe - www.bam.gov/sub_yoursafety/yoursafety_playitsafe.html
7. Exposure to the sun can cause serious damage to your skin, such as wrinkles and _____.
Hint: Questions and Answers - www.cdc.gov/chooseyourcover/qanda.htm
9. The truth is, no matter what amount, ___ can make you have less control over what happens to you and your body.
Hint: Straight Talk - www.girlshealth.gov/substance

DOWN

2. Two out of five deaths among U.S. teens are the result of a motor ___ crash.
Hint: Teen Drivers - www.cdc.gov/ncipc/factsheets/teenmvh.htm
3. ___ are a healthy snack to grab when you're on the run.
Hint: Power Packing - www.bam.gov/sub_foodnutrition/powerpacking.html
4. ___ work to fight off diseases caused by viruses or bacteria.
Hint: Preventing Disease - www.cdc.gov/nip/publications/fs/gen/howvpd.htm
7. Teens should get at least ___ minutes of physical activity most, preferably all, days of the week.
Hint: Physical Activity for Everyone: Are there Special Recommendations for Young People? - www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm

Answers for the crossword puzzle are on the next page.

*Express Your Health!*TM

Health is the Word!

Find the hidden words related to CDC and health.



- ALCOHOL
- CDC
- DISEASE
- EDUCATION
- FLEXIBLE
- GEAR UP
- INJURY
- MEDICINE
- OUTBREAK
- PREVENTION
- PROTECT
- PUBLIC HEALTH
- SCIENCE
- SEAT BELT
- SUNSCREEN
- TOBACCO
- VACCINE



Answers for the crossword puzzle:

ACROSS: 1. five 5. Gerberding 6. helmet 7. skin cancer 9. alcohol
DOWN: 2. vehicle 3. vegetables 4. vaccines 7. sixty