



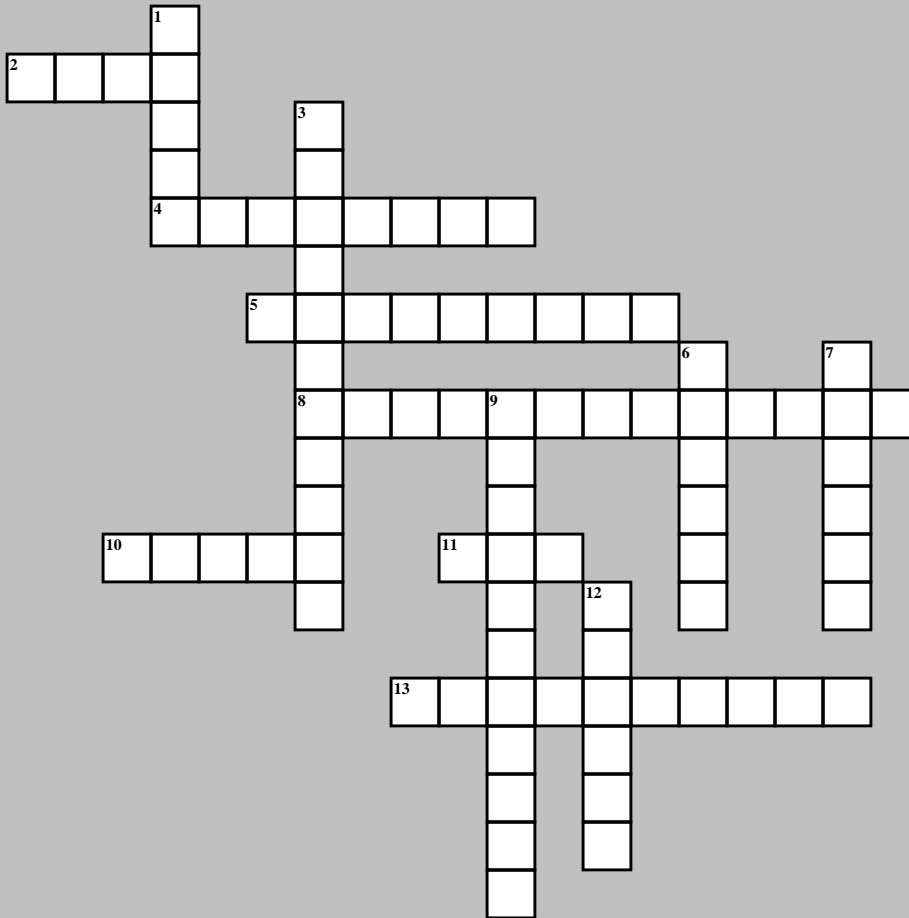
Name _____

Date _____

(Key # 1 - 261840)

Summer Heat

Complete the crossword puzzle.



Across

- 2 This is a great option to help seniors stay in shape while improving balance and flexibility.
 - 4 Exposure to this for as little as 10 minutes per day contributes significantly to vitamin D production.
 - 5 The key to controlling bad breath is to neutralize this type of bacteria that collects at the back of the tongue.
 - 8 This is one of the only rivers in the United States that flow northward (three words). (3 words)
 - 10 Women who don't get enough of this are at an increased risk of falling.
 - 11 The abbreviation for the omega-3 fatty acid that is essential for mental development and progressive learning.
 - 13 Seniors may increase their likelihood of developing chronic diseases by not taking part in _____ health measures.
- 7 Both men and women can develop this condition caused by extra pressure in the abdomen due to straining, heavy lifting, obesity, pregnancy, coughing, or excessive exercise.
 - 9 This is one of the services available at Putnam Community Medical Center.
 - 12 This percentage of seniors may be at risk of a heat-related illness, such as heatstroke or heat exhaustion, during the summer.

Down

- 1 1.8 million seniors were treated in emergency rooms nationwide for injuries suffered due to _____.
- 3 Beginning at age 50, both men and women should receive this test every 10 years to prevent colorectal cancer.
- 6 This common injury often is due to thinning skin caused by the loss of protective fatty layers as we age.

Summer Heat

Complete the crossword puzzle.

