

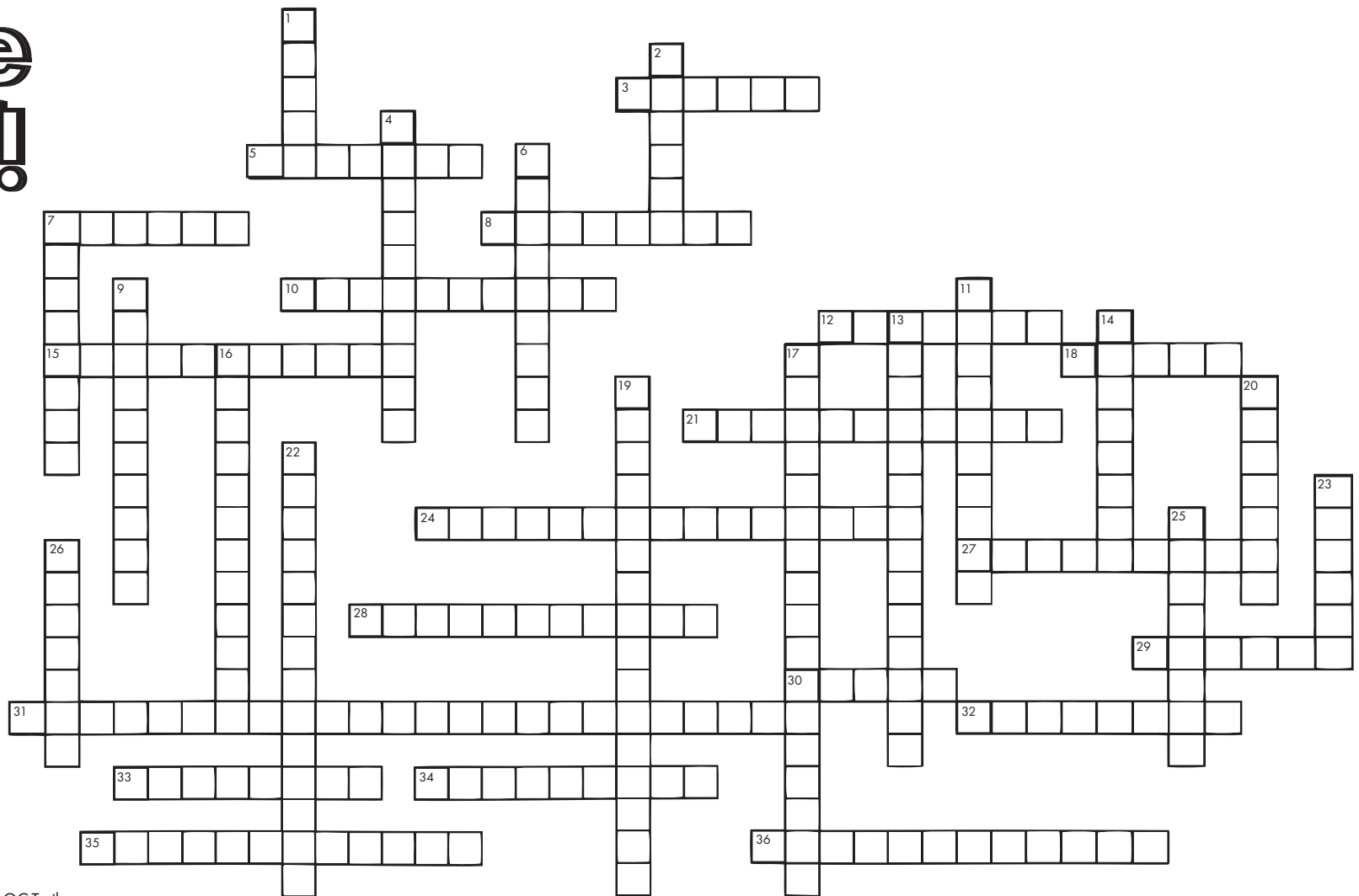
# Energize yourself!

Complete the crossword by filling in a word that fits each clue.

Eat healthy and Move more!  
Learn more from Skip and Scout and see the answer key at [behealthyqc.org](http://behealthyqc.org).



POWERED BY QUAD CITY HEALTH INITIATIVE



## ACROSS

- 3 Walking up hills and in the woods on the QC Trails
- 5 Eating meat fills your body with this so you can build muscle
- 7 Make healthy choices to have more of this
- 8 If you can lift heavy objects, you have this
- 10 Eating well and moving more makes this process more efficient
- 12 This has replaced the food pyramid (2 words)
- 15 There are good kinds and bad kinds of this fat-like substance
- 18 This part of food that your body can't digest improves digestion and regularity
- 21 This project with Skip and Scout helps you eat well and move more (psst! Look up at our website!)
- 24 A place where neighbors grow food (2 words)
- 27 This process breaks your food down to burn as energy
- 28 This is a better option than white bread and refined carbohydrates (2 words)
- 29 Eat these with vegetables and you're on your way to a balanced diet
- 30 You'll find calcium in this food group
- 31 Our community partnership seeking to create a healthy community (acronym: QCHI)
- 32 The paths you walk, run, and bike around the Quad Cities
- 33 If you're in a boat, you'll need an oar to do this (ends in -ing)
- 34 The process of consuming or drinking water
- 35 When you eat meals with whole grains, protein, and vegetables (2 words)
- 36 Preparing healthy foods for your week (2 words)

## DOWN

- 1 Ample amounts every day will keep you hydrated
- 2 Taking the QC trails on two wheels
- 4 Increase your intake of vitamins A, C, and E with these
- 6 The science of understanding how food affects your body
- 7 Walk, run, bike, move!
- 9 You read these to know what's in your food (2 words)
- 11 The 'essential' fats, Omega-3 (2 words)
- 13 Keeping an eye on the serving size of what you're eating (2 words)
- 14 You consume a variety of these: A, C, D, E
- 16 Be Healthy QC's mascots (3 words)
- 17 Federal food, nutrition, and health policies and programs (2 words)
- 19 Waterway that separates Iowa and Illinois
- 20 Less vigorous than running
- 22 Decisions that result in a better you (2 words)
- 23 Practicing the same behaviors over and over make them these
- 25 Iron, calcium, magnesium
- 26 Consume this mineral by drinking milk and eating cheese

