

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

TAKE A BREAK

We spend a lot of time thinking seriously about our health, but did you know that it can be fun to engage our minds in a healthy way?

Try these games that will not only educate you on health, but will also improve various mental capacities. Talk to your Coach about whatever comes to mind.

TEST YOUR EXECUTIVE FUNCTION

red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
green	white	brown	red
red	brown	green	white

Our executive attention is active during any mental task we perform on the job. Are you ready to test this capacity with something called the "Stroop Test?"

You can try this by yourself, or with a co-worker, by saying aloud what **COLOR** you see in every word, NOT the word you read. Quick! Fastest time without mistakes wins!

SEARCH FOR YOUR HEALTH

T L X V W T V K G G L N J H J E J
 S S E N L L E W F Z V V Z M V U F
 C Q I S G N I H T A E R B P E E D
 S L W H T L A E H L A T N E M L T
 F B G N U E L W N Q Y T W X N Q G
 R P H Y S I C A L A C T I V I T Y
 S P G S L E E P S E X E R C I S E
 N U T R I T I O N Q M I R A C T W
 W K R G N I T A E N A E L C F H H
 Q Y I A Y G A P L A N N I N G H P
 U J Y U Z K S L A O G V M V A I H
 F S T R E S S M A N A G E M E N T
 T N E M E V E I H C A L A O G Y Q
 A T V E G E T A B L E S R P Z K N
 V G W K K Z M T K H A E B L Y V W
 E R B E I F V F A P S H N J L I U
 R V S N X U A Q Q L H O H K U T S

Clean Eating
Deep Breathing
Exercise

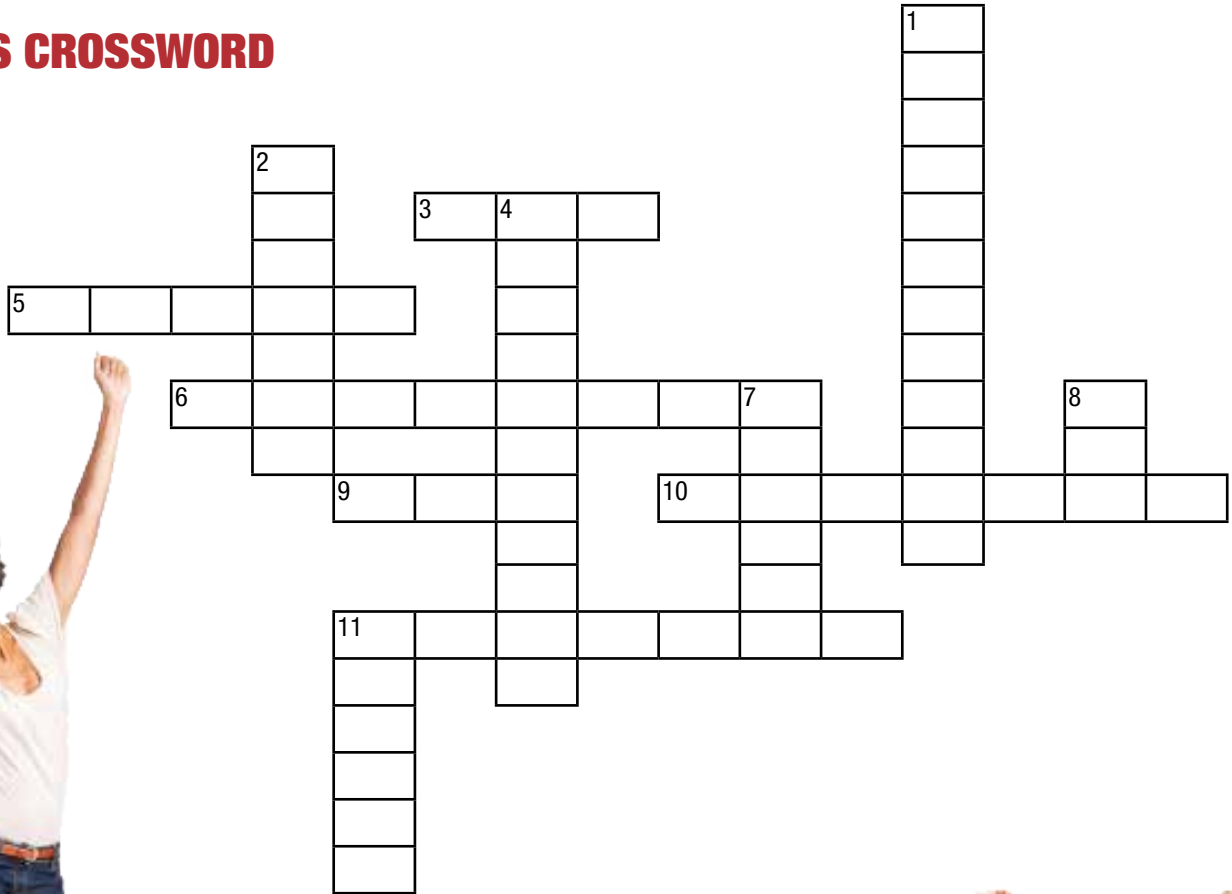
Goal Achievement
Physical Activity
Planning

Mental Health
Nutrition
Vegetables

Wellness
Sleep
Stress Management

HEALTH IS FUN

WELLNESS CROSSWORD



Across

3. Used to reduce inflammation
5. 120/80 is normal for _____ pressure
6. A common blood sugar disease
9. 9 calories make up 1 gram of this nutrient
10. 4 calories make up 1 gram of this muscle-building nutrient
11. This habit can increase your risk of lung cancer

Down

1. 4 calories make up 1 gram of this nutrient that supplies energy
2. A unit of energy used to measure food
4. HDL/LDL makes up your _____
7. _____ is an injury to a ligament or joint
8. A measure of healthy body mass based on height and weight
11. An injury to a tendon or muscle

Which of these questions brings to mind a health or injury concern in your own life?