

Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 Never take meds that are not _____ for you.
- 2 National _____ Screening Day is October 9.
- 3 One in 5 American adults has a _____ illness, ranging from mild to severe.
- 4 While _____ is classified botanically as a fruit, it's served as a vegetable.
- 5 A weak or overactive _____ system can lead to chronic allergies, asthma or eczema and autoimmune disorders, such as rheumatoid arthritis or type 1 diabetes.
- 6 Use of decongestant nose sprays should not exceed 3 days to avoid _____ congestion.
- 7 Sudden cardiac arrest occurs when a heart suddenly stops _____.
- 8 Test _____ detectors every 6 months.



The Smart Moves Toolkit, including this issue's printable download, **Handwashing: A Refresher Course**, is at personalbest.com/extras/19V10tools.

Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 Never take meds that are not prescribed for you.
- 2 National Depression Screening Day is October 9.
- 3 One in 5 American adults has a mental illness, ranging from mild to severe.
- 4 While squash is classified botanically as a fruit, it's served as a vegetable.
- 5 A weak or overactive immune system can lead to chronic allergies, asthma or eczema and autoimmune disorders, such as rheumatoid arthritis or type 1 diabetes.
- 6 Use of decongestant nose sprays should not exceed 3 days to avoid rebound congestion.
- 7 Sudden cardiac arrest occurs when a heart suddenly stops beating.
- 8 Test smoke detectors every 6 months.



The Smart Moves Toolkit, including this issue's printable download, **Handwashing: A Refresher Course**, is at personalbest.com/extras/19V10tools.