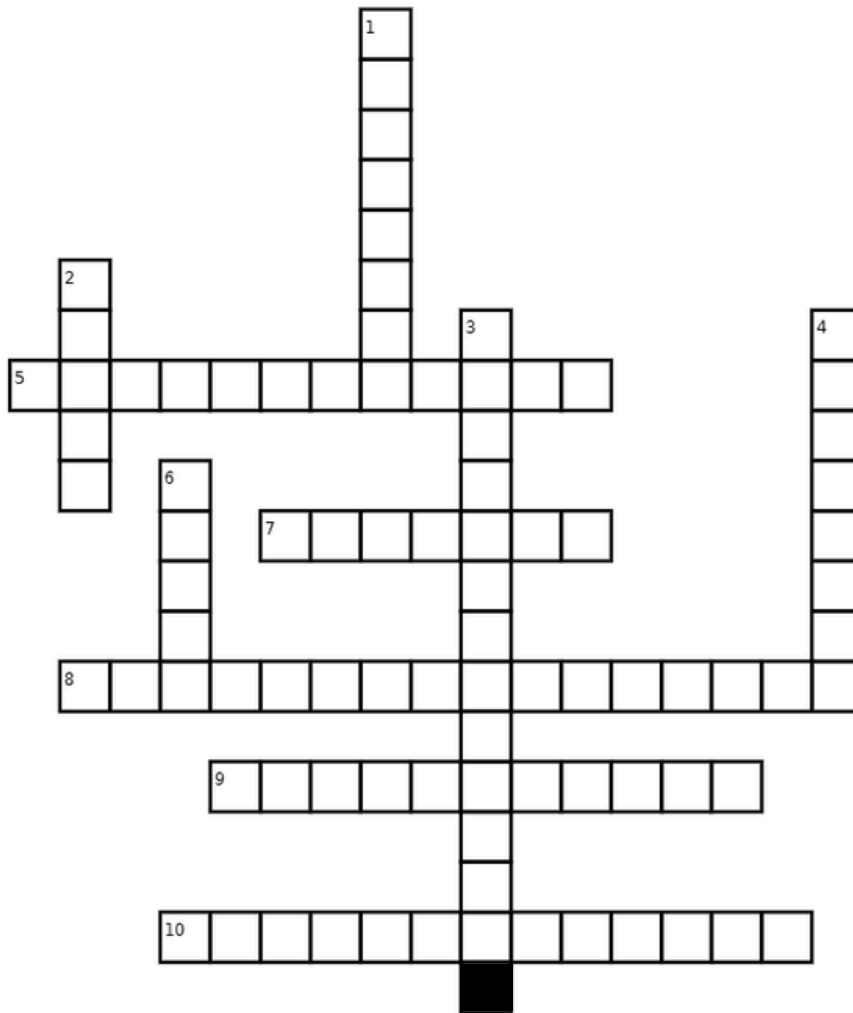


Magna Wellness Crossword Puzzle



Down:

1. A physical activity to stay fit.
2. Daily state of rest that resets the body.
3. It tells us how much force the blood is putting on our arteries
4. A chronic condition that occurs when our body cannot process sugar the way it is supposed to.
6. This helps you stay hydrated.

Across:

5. The well-being of our minds.
7. Where you find all the HR-related activities such as payroll.
8. The names of the Employee and Family Assistance Program (EFAP).
9. A fat-like substance that is found in all the cells in your body. There are two types: LDL and HDL.
10. Magna program that cares about improving your health and your well-being.

Answers: 1. Exercise, 2. Sleep, 3. Blood Pressure, 4. Diabetes, 5. Mental Health, 6. Water, 7. Water, 8. Workday, 9. Workplace Options, 10. Cholesterol, and 10. Magna Wellness



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
 Health and Wellness
 for Magna Employees

MAGNA