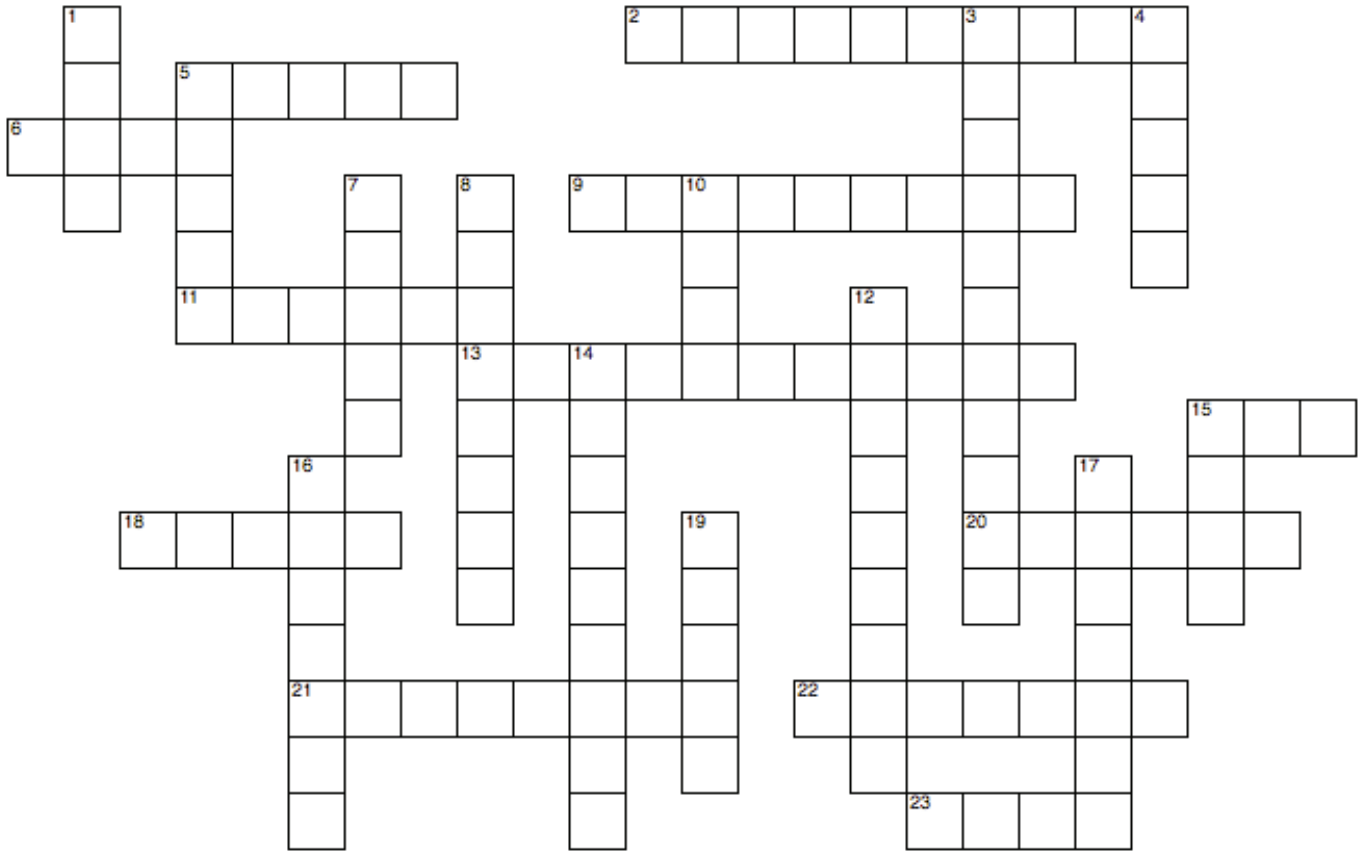


# TOTAL FITNESS Crossword Puzzle



## ACROSS

2. Whey is made up of chains of \_\_\_\_\_ (2 words)
5. Drink plenty of \_\_\_\_\_ throughout the day to stay hydrated
6. \_\_\_\_\_ quality protein
9. Healthy Eating is a \_\_\_\_\_ choice
11. Carbs are considered to be Nature's \_\_\_\_\_ source
13. One of the 2 types of Whey Protein
15. Makes up one of the 3 Macronutrients
18. There are 3 main \_\_\_\_\_ nutrients
20. \_\_\_\_\_ is a fatty acid found primarily in fish like Salmon
21. \_\_\_\_\_ is one part of the equation in Total Fitness
22. The other type of Whey Protein (purer form)
23. \_\_\_\_\_ is the name of the purest, bioavailable, natural, high-quality protein

## DOWN

1. Never \_\_\_\_\_ a meal
3. A lipid or fat substance necessary for good health
4. Drink a Recovery \_\_\_\_\_ after every workout
5. Carbohydrates are made up of \_\_\_\_\_ grains, fruits, legumes & vegetables
7. Makes up one of the 3 Macronutrients
8. Energy stored in our Muscles
10. Make sure you get your \_\_\_\_\_ recovery shake for turning in this completed Crossword Puzzle!
12. The first and most important meal of the day
14. \_\_\_\_\_ is the other part of the equation in Total Fitness
15. \_\_\_\_\_ Seeds are another great source of healthy fats
16. Makes up one of the 3 Macronutrients
17. \_\_\_\_\_ fats
19. While you \_\_\_\_\_ your body repairs itself

**THANKS FOR COMPLETING OUR  
TOTAL FITNESS CROSSWORD PUZZLE!**

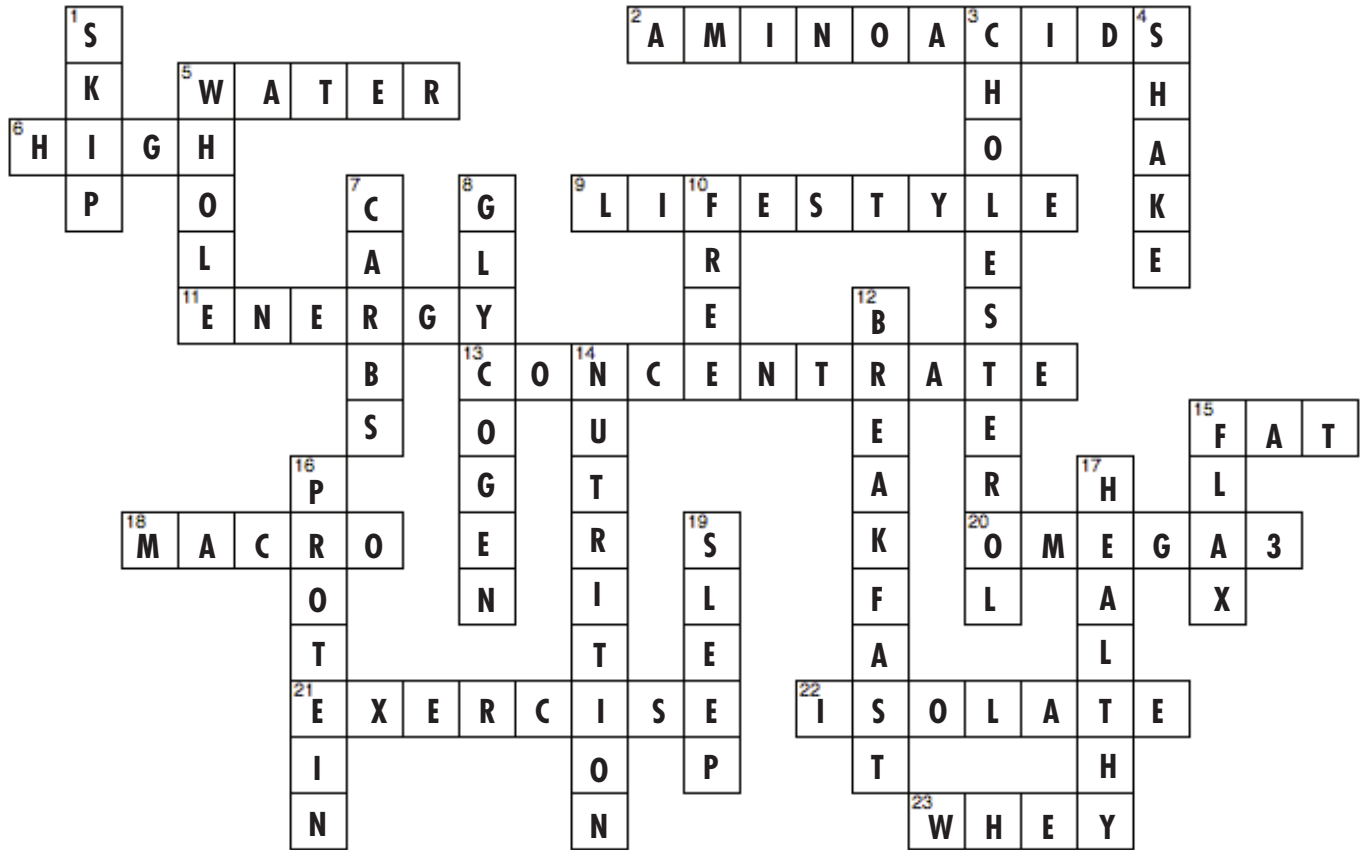
If your answers are correct you will receive:



Detach & bring to juice bar counter to check your answers & redeem.

**WHOLE FOODS**  
*for*  
**WHOLE FITNESS**

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