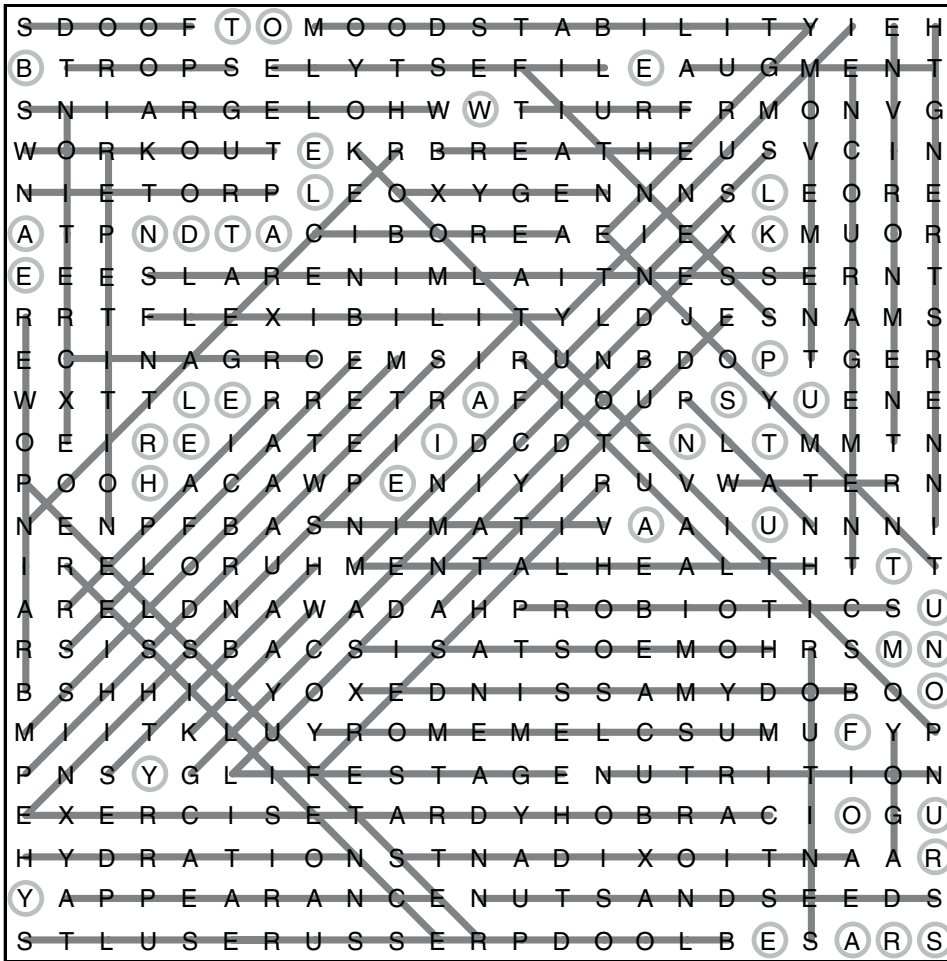


MONSTER FIND-A-WORD

HOLISTIC HEALTH

Whatever your approach, you will find all these elements in straight lines up, down, forwards, backwards or even diagonally. Once you have crossed them all, a good reason to take stock of your motivation levels will be revealed in the remaining letters.



1. Aerobic
2. Antioxidants
3. Appearance
4. Attitude
5. Augment
6. Blood pressure
7. Body and soul
8. Body mass index
9. Brain power
10. Breathe
11. Carbohydrates
12. Encouragement
13. Energy
14. Enjoyment
15. Environment
16. Essential minerals
17. Excretion
18. Exercise
19. Fitness
20. Flexibility
21. Foods
22. Fresh air
23. Fruit
24. Glycaemic index
25. Habits
26. Homeostasis
27. Hydration
28. Immunity
29. Inner strength
30. Life stage
31. Lifestyle
32. Mental health
33. Metabolism
34. Mindfulness
35. Mood stability
36. Movement
37. Muscle memory
38. Nutrition
39. Nuts and seeds
40. Organic
41. Oxygen
42. Plan
43. Positive outlook
44. Probiotics
45. Protein
46. Recreation
47. Repair
48. Repetition
49. Resilience
50. Restful sleep
51. Results
52. Ritual
53. Routines
54. Self-care
55. Spirit
56. Sport
57. Stewardship
58. Sunshine
59. Vitamins
60. Walk
61. Water
62. Wholegrains
63. Workout
64. Yoga

LATERAL THINKING: CRYPTIC

Use the cryptic clues to solve this crossword with a twist.



ACROSS

1. Hapsburg land – its aura has evolved (7)
4. Something to look up to indoors? (7)
7. Manila's dancing creatures (7)
8. Yarn about brief (5)
10. Hamlet, Frederik or dog? (5,4)
12. Gathers rotten pears (5)
13. Quicker way to get a hair trim (5,3)
15. ID you dropped in lap when bedridden (4,2)
17. Fleeting visit corps, Lynne said (4,2)
19. Objects to doctor, it's clear (8)
21. He's not himself at work (5)
22. Before church,

miner is prepared to talk over old times (9)

25. A lady's partner negotiates contracts for clients (5)
26. Our rasp creates rackets (7)
27. Steak preferred by the most successful team? (7)
28. Dad kept playing with game that was ruined (7)

DOWN

1. Alice sang about medication (9)
2. Pigs bearing wine (5)
3. Bewildered and confused on the ocean (2,3)
4. Scratched Claude noisily (6)
5. Data on how birds fly (11)
6. What gutter press do on the outside – speculate (5)
9. Band admits beginner is lacking in taste (5)
11. Little Richard's favourite ice-cream? (5,6)
14. Indian export can be taken with sympathy (3)
16. Editor followed posse on ship and took over (9)
18. Able to move gracefully in Bali theatre (5)
20. Turn up in far river (6)
21. Detached a segment (5)
23. Shape of fungus (5)
24. Eve's language includes inappropriate usages (5)