

SELF CARE CHALLENGE

Across

- 2 Eight hours of this will do wonders to make you less grumpy.
 4 Helps keep the mind sharp, and imaginative, after retirement.
 5 A favourite pastime that you may or may not be doing right now.
 7 The natural mood booster produced after exercise.
 10 The appointment many men delay booking.
 12 The healthy habit involving sneakers and fresh air.
 13 A hearty hobby involving dirty hands.
 14 What Dad says he doesn't need but secretly enjoys.

Down

- 1 A hobby involving bait, patience and folding chairs.
 3 A good laugh is said to be the best...
 6 Keep the joints lithe on chilly mornings by...
 8 The helping hand that makes staying at home easier.
 9 The thing many men avoid discussing - but shouldn't.
 11 What friends should do instead of saying "I'm fine".
 12 Swap whiskey for this clearer alternative.rem.

