

Prize puzzle

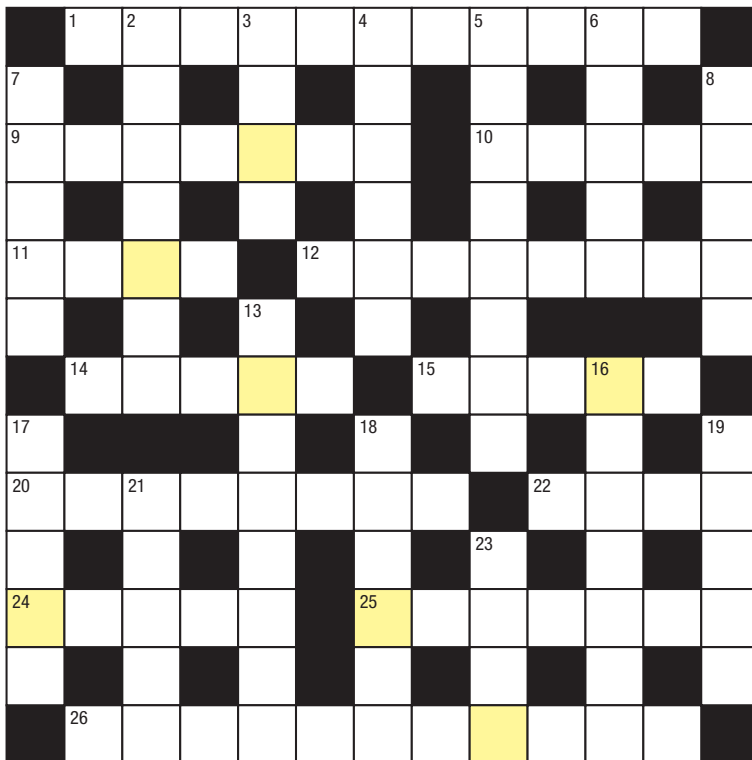
The letters in the shaded squares, reading from top to bottom, will reveal a word related to health and wellbeing. This is your prize answer. For your chance to win a six-month supply of Equazen brain health supplements, enter the answer online at healthycomps.co.uk*

ACROSS

- 1 Film starring Arnold Schwarzenegger (5, 6)
- 9 Try, endeavour (7)
- 10 Spiral-horned African antelope (5)
- 11 Take a dip? (4)
- 12 Rescue, or regain possession of (8)
- 14 Intone rhythmically (5)
- 15 Band which had a no 1 hit with the song Bohemian Rhapsody (5)
- 20 First version (8)
- 22 Swirl of running water (4)
- 24 Raised narrow area of high ground (5)
- 25 Nonprofessional sportsperson (7)
- 26 Coiffeur (11)

DOWN

- 2 Largest living bird (7)
- 3 Charity (4)
- 4 Preferably (6)
- 5 In good spirits (8)
- 6 Rent out (5)
- 7 Fenland (5)
- 8 Farewell (5)
- 13 Mechanic (8)
- 16 Eternal, infinite (7)
- 17 Marked area for a game of tennis (5)
- 18 Empty (6)
- 19 Stretchable fabric (5)
- 21 Southeast Asian country with the capital New Delhi (5)
- 23 - - - the Midwife, BBC drama set in London in the 1950s and 1960s (4)



Puzzles by Bauer; puzzles.syndication@bauermedia.co.uk

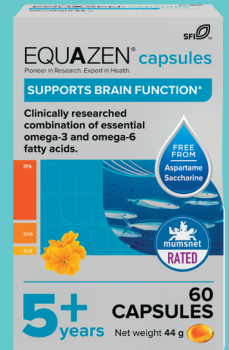
*Closing date for entries is 6 July 2022. For full terms and conditions, turn to page 126 or visit healthy-magazine.co.uk/terms-conditions

WIN!

A SIX-MONTH SUPPLEMENT BUNDLE

MAIN PRIZE 1 x 6-month supply of Equazen supplements for the whole family, worth over £200

RUNNERS-UP 2 x 6-month supply of Equazen chews, worth over £50



Equazen's capsules are a clinically researched and sustainably sourced formulation of essential fatty acids, including omega-3 DHA to support brain function.* Backed by clinical studies, and Mumsnet rated, these tasteless odourless capsules are for children over 5 years and adults.

Find the Equazen range online at hollandandbarrett.com

EQUAZEN
Pioneer in Research. Expert in Health.

KIDS' ZONE

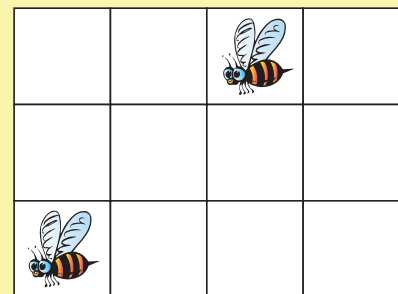
CODE CRACK

Crack the code and find a sea creature!

	1	2	3	4	5	6	C3	
A	P	T	L	A	K	D	E2	
B	R	I	M	S	Y	F	F5	
C	B	S	D	V	N	H	A1	
D	W	X	H	N	C	J	G6	
E	Q	O	Z	V	E	S	B2	
F	S	R	I	M	L	K	D4	

GET TRACKING!

Choose the correct set of arrows from the 3 options below to reunite these two bees!



- 1: ↑ → → ↓ → ↑
- 2: → ↑ → → ↑ ←
- 3: → → → ↑ ← ←

