"I CAN !" Cross-word Puzzle

[a] F														
A														
M			[b] B											
[1] I	N	C	R	E	A	S	I	N	G					
L			E									[d] B		
Y			A									I		
			S									R		
			T									T		
			F				[c] I					H		
	[2] W	H	E	E	Z	I	N	G				D		
			E				F					A		
			D			[3] H	E	A	L	T	H	Y		
			I				C							
			N				T							
			G		[4] M	O	I	S	T	U	R	I	Z	E
							O							
							N							
							S							