

FIT

N I S A K G V I T A M I N S Q Y W J B R L X O W
G E E J X Z Y P O R T I O N C O N T R O L Y I F
K W I U P U N S J O T D E H G D E Z U Z Q K C Z
N E Z P V R D E L I C I O U S K Q W L X S D N V
E F W P O U N R R B V O J T D Q Q F Q V N G I C
C J X K X I H V G L J T A V E H P A U K O Y H F
A A J B F M E I E A T C L E A N S C Q B G C S Q
V I G P G L N N T M A B E S B C A T R T C Y O E
D I E T I N G G L P A V U N V Q O I D R D G Q X
U D A R P X C S U C K K O U T P R V F A R U N E
F R U I T Z V E B V W L T S A R G E Y I I B G R
J S A U Z D Q N E G X I M L W I A M M N N Z H C
V C K L N E O O F W E I G H T T N R T D K V Y I
E U F I L H E A L T H Y T J O K I B Q I W X P S
G N B Q W Q Z K R X D H D E B J C G A R A E S E
E M Z X H H L K A T S X B I Q I N L G T T D H D
T W S J Q W O L I H U E W S A K T X R Y E G I R
A E H V L X Q N U T R I T I O N E C N F R O N S
B F I T N E S S I F C O N S I S T E N C Y R A J
L X K T A M G Y M G O K P R I W E S P B V I R Y
E U I P V H F Y H H D A F K D B T D M H T X P T
S V H U W K U B L J M Z B B T E S K B J J Q U O
M R Y L S C B S B Y L C Y M T Y K Q C X V B M D
D W R R C O S J M F A J B A B C Z S Z B G C F R

PORTION CONTROL
DRINK WATER
EAT CLEAN
VITAMINS
ORGANIC
WEIGHT
GYM

CONSISTENCY
VEGETABLES
NUTRITION
EXERCISE
DIETING
ACTIVE

TRAIN DIRTY
DELICIOUS
SERVINGS
FITNESS
HEALTHY
FRUIT