

Name: _____

Date: _____

Fit for Fall

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

preventive care

blood pressure

work out

exercise

wellness

water

climb

swim

walk

bmi

run

fun