

Name: _____

Date: _____

Health

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

mental health
meditation
self-care
check-up
healthy
nurse

mindfulness
optimistic
unhealthy
exercise
active
cope

appointment
lifestyle
diabetes
support
doctor

pessimistic
sedentary
insomnia
workout
stress