

Name: _____ Date: _____

Health and Wellness

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

responsibility
eating healthy
prescriptions
intellectual
occupational
activities
no smoking
volunteer
debt free
emotional
give back
spiritual
wellness
exercise
reliable
financial
swimming
physical
therapy
hygiene
savings
hydrate
balance
walking
mental
biking
social
coping
church
stress
goals
laugh
yoga
pray

