

Name: _____

Date: _____

Healthy Lifestyles

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

vegetables
balanced
healthy
avoid
fruit

fresh air
exercise
fitness
sleep
diet

maintain
hydrate
weight
relax
eat

portions
sustain
obese
water