

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Living

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

Mental Health  
Emotional  
Maintain  
Anxiety  
Family  
Sleep  
Tone

Cleanliness  
Nutrition  
Exercise  
Fitness  
Sports  
Fruit

Depression  
Physical  
Push Up  
Stamina  
Active  
Power

Liveliness  
Wellness  
Pull Up  
Hygiene  
Energy  
Yoga

Vegetables  
Strength  
Obesity  
Healthy  
Plank  
Body