

New Years Resolution's

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

healthy eating
preparation
exercises
fruits

small changes
relaxation
running
sleep

small meals
vegetable
Walking
water