

A Little Means a Lot

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

A Little Means a Lot

SilverSneakers

Progress

Support

Friends

Results

Success

Change

Steps

Goals

SMART

Fun