

Name: _____

Date: _____

Be Healthy - January 2019

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

gratitude	emotional	spiritual	meditate	sunshine	exercise
physical	dignity	respect	balance	breathe	social
nature	moment	honor	touch	smile	relax
laugh	grow	work	read	food	care
walk	sing				