

Name: _____

Date: _____

Be Healthy - January 2019

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

emotional
sunshine
breathe
touch
walk

spiritual
physical
moment
relax
work

gratitude
dignity
nature
laugh
care

exercise
respect
social
honor
read

meditate
balance
smile
food
sing