

Name: _____

Date: _____

Diabetes Management

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

Blood pressure

Carbohydrates

Blood glucose

Cholesterol

Flexibility

Bicycling

Swimming

Strength

Diabetes

Walking

Running

Pushups

Aerobic

Squats

Yoga