

Name: _____

FITNESS IS A LIFESTYLE!

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

THERAPEUTIC
HAPPINESS
MINDFUL
SUPPORT
FOCUS
GYM

ACCEPTANCE
LAUGHTER
NATURAL
BEAUTY
STUDY

COMMITMENT
POSITIVE
OUTSIDE
FAMILY
PARK

DISCIPLINE
FRIENDS
SPECIAL
HEALTH
FUN