

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# HEALTHY HEART WOMEN OF GOD....

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

**Healthy Sleep Habit**  
**Blood Pressure**  
**Cholesterol**  
**Moderation**  
**Strength**  
**Strong**

**Fueling for Health**  
**Meal Prepping**  
**Prayer Life**  
**Glucose**  
**Exercise**

**Stress Management**  
**Flexibility**  
**Meditation**  
**Wellness**  
**Healthy**