

Name: _____

Date: _____

HEALTHY LIFESTYLES

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

WORKLIFE BALANCE
FOOD GROUPS
EMOTIONAL
GUIDANCE
CYCLING
WALKING
WATER

BALANCED DIET
HEALTH GOAL
WELLBEING
MINERALS
PROTEIN
ENERGY
FAT

CARBOHYDRATES
FOOD PLATE
EXERCISE
VITAMINS
RUNNING
STRESS