

# HEALTH

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

healthy living  
nutrition  
alcohol  
grains  
diet

binge drinking  
exercise  
tobacco  
health  
fitt

smart choices  
physical  
protein  
fruit

vegetables  
disease  
cancer  
dairy