

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

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

# Health Alert

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

cardiovascular  
exercise  
sitting  
health  
meat  
oils

Mediterranean  
balance  
running  
fruit  
tofu  
nuts

vegetables  
yoghurt  
walking  
grill  
milk  
diet

margarine  
cereals  
butter  
fish  
fats