

Name: _____

Date: _____

Health & Wellness

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

electrolytes
challenge
physical
Wellness
water

preventative
lifestyle
exercise
bicycle
Yoga

positivity
nutrition
laughter
healthy
body

watermelon
spiritual
strength
social
mind