

Name: _____

Health & Wellness

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

management
minerals
organic
weight
water
fat

spiritual
calories
disease
stress
food

nutrition
meditate
walking
health
rest

vitamins
exercise
protein
carbs
diet