

Name: _____

Date: _____

Health and Well Being

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

Physical activity

Balanced diet

Good Habits

Vegetables

Walking

Self confidence

Heart disease

Self esteem

Calories

Fluids

Breathlessness

Hypertension

Depression

Diabetes

Fruits