

Name: _____ Date: _____

Health and Wellness

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

eating healthy
responsibility
prescriptions
intellectual
occupational
no smoking
activities
volunteer
financial
spiritual
debt free
give back
emotional
wellness
reliable
exercise
physical
swimming
hygiene
hydrate
therapy
walking
savings
balance
biking
mental
church
coping
social
Stress
goals
laugh
pray
yoga

