

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

# Health and Wellness

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

blood pressure  
spiritual  
hygiene  
goals

cholesterol  
exercise  
walking

relaxation  
wellness  
coping