

Name: _____

Date: _____

Health and Wellness Terms

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

Relaxation

Positivity

Vegetables

Lifestyle

Movement

Stress

Habits

Eating

Coach

Goals

Sleep

Fruit