

Name: _____

Date: _____

Health promotion

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

smoothies mushroom exercise balance walking
cabbage carrots tomato celery banana
orange sleep water onion salad
juice apple yoga