

Name: _____

Date: _____

Healthy Lifestyle

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

Cauliflower
Broccoli
Vitamins
Journal
Diary
Fats

Watermelon
Cucumber
Healthy
Grapes
Relax

Meditation
Cherries
Carrots
Orange
Water

Vegetables
Exercise
Calcium
Yogurt
Milk

Pineapple
Minerals
Protein
Cheese
Meat