

Healthy Lifestyles

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

backpacking

exercise

stress

yoga

meditation

smoking

taichi

nutrition

healthy

sleep