

Healthy Living

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

personal hygiene
vegetables
exercise
fruit
wash

balanced diet
gymnasium
welfare
sleep
yoga

mindfulness
nutrition
shower
water