

Name: _____

Date: _____

Healthy Living

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

HEALTHY COMMUNICATION

MEDICATION COMPLIANCE

STRESS MANAGEMENT

REGULAR EXERCISE

PORTION CONTROL

QUALITY SLEEP

WATER INTAKE

WHOLE GRAINS

SMART GOALS

FOOD SAFETY

LOW SODIUM

VEGETABLES

SAFE SEX

VITAMINS

FRUITS