

Name: _____

Date: _____

Healthy Living

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

relationships
Hydration
balance
sleep
Yoga

Mental health
exercise
energy
water

relaxation
calories
fruits
sugar

vegetables
fitness
dairy
diet