

Name: _____

Date: _____

Healthy Mind and Body

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

Eat vegetables

Brush teeth

Go fishing

Exercise

Shower

Reduce smoking

Medications

Go walking

Dentist

Fruits

Doctor visits

Drink water

Set goals

Friends

Laugh