

Name: _____

Date: _____

How do I keep my body healthy?

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

moderation jump rope exercise activity
healthy fitness balance temple
tennis diet walk swim
rest jog