

Name: _____

Date: _____

Integrative Health

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

physical activity

belly breathing

healthy fats

flexibility

self-esteem

real food

grass fed

destress

detoxify

mindful

organic

sleep