

Name: _____

Date: _____

It's About Wellness

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

electrolytes
well-being
wellness
stress

dehydration
rehydrate
stretch

vegetables
exercise
healthy