

Name: _____

LIFESTYLE HABITS

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

HYPOGLYCEMIA
BREAKFAST
CALORIES
HEALTHY
SLEEP
POP

HYPERTENSION
JUNKFOOD
CAFFEINE
GREASY
FRIED
FAT

CHOLESTEROL
EXERCISE
BALANCED
FLUIDS
DAIRY

HEPATITIS
DIABETES
PROTEIN
THREE
SALT