

Name: _____

Date: _____

Mens Health Week

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

blood pressure

heart disease

body weight

mens health

cholesterol

well being

vegetables

diabetes

exercise

health

muscle

fruit