

Pre-diabetes

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

PREDIABETES	MOTIVATION	VEGETABLES	NUTRITION
LIFESTYLE	PORTIONS	SWIMMING	BALANCE
HEALTHY	PREVENT	GLUCOSE	WALKING
ACTIVE	BIKING	WEIGHT	GRAINS
FRUIT	DIET		