

Name: _____

Date: _____

Stay Healthy

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

cardiorespiratory endurance
body composition
vegetables
intensity
active
sleep
time

muscular endurance
flexibility
nutrition
exercise
doctor
water
type

muscular strength
clean teeth
frequency
healthy
fruits
FITT