

Name: _____

Date: _____

Staying Healthy

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

eating disorder
sedentary
weakness
fitness
energy
diet

depression
nutrients
strength
obesity
stress
cope

wellbeing
my pyramid
exercise
illness
health

happiness
addiction
diabetes
hygiene
vigor