

Name: _____

Date: _____

Wellness

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

vegetables mountain vitamins balance sunrise
carwash downdog surfer sunset exhale
inhale relax twist brain chair
fruit tree star