

Name: _____ Date: _____

Wellness Puzzle

1. NSSTFEI _____

2. ESSTRS _____

3. THHLAE _____

4. LTNMAE _____

5. SNLLSWEE _____

6. EIESERCX _____

7. MIB _____

8. AWLK _____

9. LSEPE _____

10. ISNFERD _____

Word Bank

Health

stress

Fitness

walk

Exercise

sleep

Wellness

friends

Mental

bmi