

Name: \_\_\_\_\_

# Wellness Word Search

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

- |                  |                |               |              |             |
|------------------|----------------|---------------|--------------|-------------|
| circuit training | healthy snacks | reduce stress | jumping rope | cross train |
| prevention       | vegetables     | relaxation    | ergonomic    | nutrition   |
| movement         | laughter       | wellness      | aerobics     | exercise    |
| friends          | fitness        | hydrate       | breathe      | balance     |
| running          | walking        | stretch       | hiking       | EDCOE       |
| goals            | fruit          | sleep         | water        | yoga        |