

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

Date: \_\_\_\_\_

# Winning Wellness Tips

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

Accountability  
Meditate  
Walking  
Water  
Row

Immunizations  
Bicycle  
Garden  
Dance  
Run

Portionsize  
Buddyup  
Fruits  
Play

Vegetables  
Journal  
Skate  
Move