

Name: _____

Date: _____

change 4Life

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

healthy eating

chocolate

lifestyle

nutrition

skipping

soda pop

walking

oranges

change

crisps

apples

swaps

water

dance

sugar

life

fats

for