

Name: _____

healthy lifestyle

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

increase heart rate

balanced diet

screen time

moderation

vegetables

fresh air

exercise

friends

sleep

fruit

happy

diet