

Name: _____

healthy lifestyle

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

psychological	action plan	environment	activities
inactivity	recreation	well-being	lifestyle
nutrition	unhealthy	negative	personal
positive	choices	factors	healthy
diet			