



Name _____

Healthy Living Word Search

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

Nutrition
 Exercise
 Sleep
 Balance
 Stress

Hydration
 Mindfulness
 Routine
 Wellness
 Vitamins

Walking
 Cooking
 Journaling
 Stretch
 Fiber

