



Name \_\_\_\_\_

### Healthy Habits Word Search

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

Exercise  
 Stretch  
 Sleep  
 Hydrate  
 Walk

Run  
 Workout  
 Smoothie  
 Fitness  
 Stamina

Routine  
 Stretching  
 Jogging  
 Wellness  
 Posture

