



Name _____

Healthy Choices Word Search

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

Exercise
Nutrition
Hydration
Vegetables
Fruit

Protein
Sleep
Balance
Routine
Stretch

Hygiene
Sunlight
Walking
Cooking
Wellness

