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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

How do I keep my body healthy?

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

   temple       moderation       healthy       diet       walk       swim       jump rope       fitness       balance       tennis       rest       jog       exercise       activity