

Healthy Body Routines Word Search

Find and circle all 10 words. Words may go across, down, or diagonally.

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

Word bank

HYDRATE • NUTRITION • EXERCISE • SLEEP • ROUTINE • ENERGY • BALANCE • MUSCLES •
HEART • HEALTH