

Healthy Habits Word Search

Puzzle 106

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

**ANXIETY
DIRECTION
HABIT
LIMIT
MOBILITY
PROTEIN
SANITATION
VITALITY**

**DEFENSE
EXERCISE
INTENT
MINDFULNESS
PROGRESS
RECOVERY
SLEEP
WHOLEFOOD**

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Puzzle-Solution 106

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

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