

# Healthy Habits Word Search

## Puzzle 108

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

**BOUNDARY  
CONSISTENCY  
GOAL  
METABOLISM  
NUTRITION  
RESILIENCE  
SLEEP  
SUNLIGHT**

**COMMUNITY  
ERGONOMIC  
LIFESTYLE  
MOVEMENT  
RELAX  
SIMPLICITY  
STRENGTH  
TIMEOUT**

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## Puzzle-Solution 108

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

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