

Healthy Habits Word Search

Puzzle 111

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

**AVOIDANCE
BREAK
CONSISTENCY
ENDURANCE
FIBER
MINDFULNESS
PROTECTION
WALK**

**BEDTIME
BREATH
DIGESTION
ERGONOMIC
HYDRATION
OVERLOAD
RELAX
WATER**

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Puzzle-Solution 111

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

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