

# Healthy Habits Word Search

## Puzzle 133

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

**APPRECIATION  
CALM  
CONTENTMENT  
GRAIN  
ORDER  
PROGRESS  
REGULATION  
SANITATION**

**BREATH  
CALMNESS  
DIGESTION  
MODERATION  
ORGANIZE  
RECOVERY  
RESILIENCE  
TENSION**

# Healthy Habits Word Search

## Puzzle-Solution 133

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

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