

# Healthy Habits Word Search

## Puzzle 226

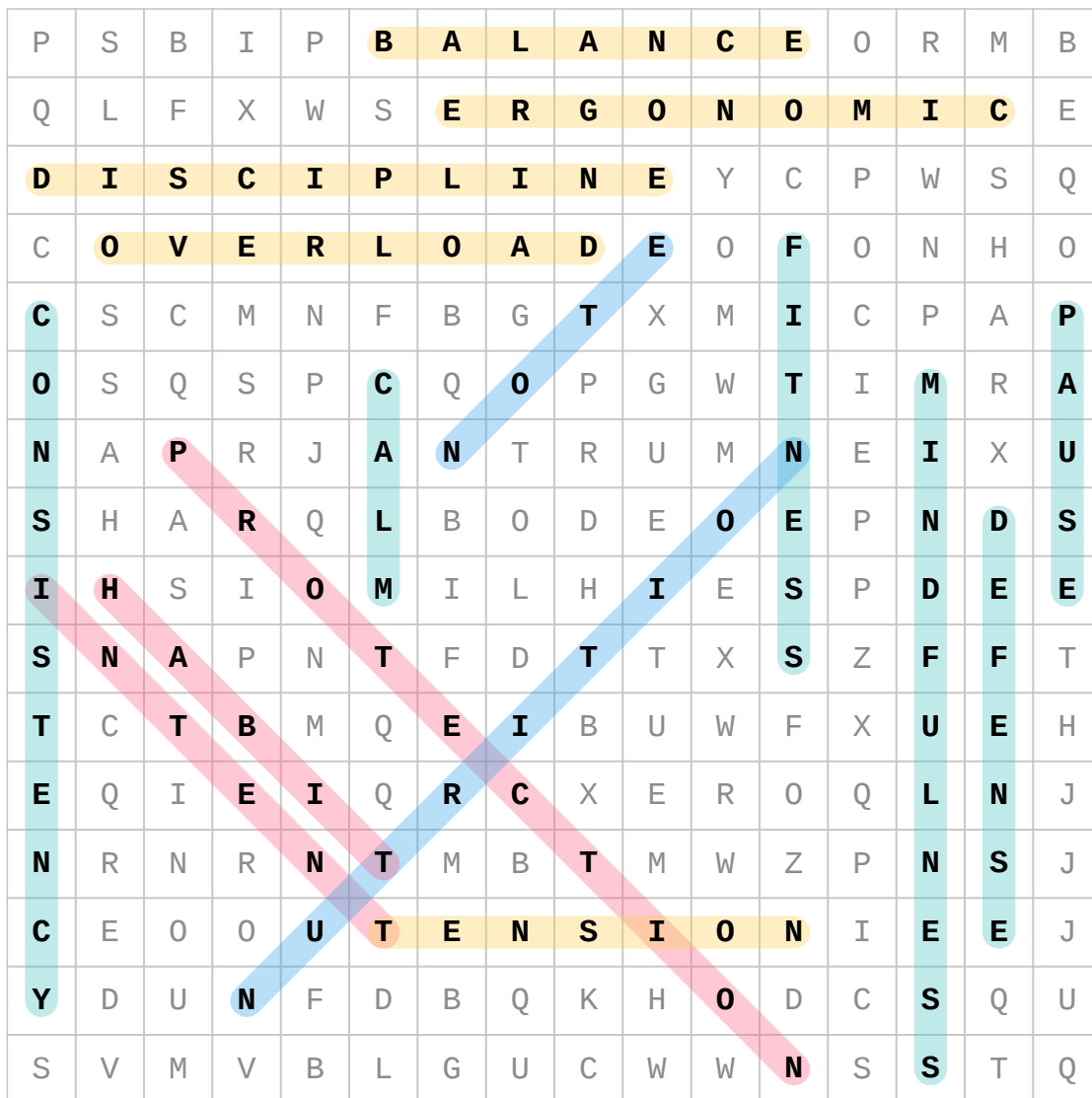
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | S | B | I | P | B | A | L | A | N | C | E | O | R | M | B |
| Q | L | F | X | W | S | E | R | G | O | N | O | M | I | C | E |
| D | I | S | C | I | P | L | I | N |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

**BALANCE  
CONSISTENCY  
DISCIPLINE  
FITNESS  
INTENT  
NOTE  
OVERLOAD  
PROTECTION**

**CALM  
DEFENSE  
ERGONOMIC  
HABIT  
MINDFULNESS  
NUTRITION  
PAUSE  
TENSION**

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## Puzzle-Solution 226



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