

# WELLNESS WORD SEARCH



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

SEASONEDTIMES.COM



FITNESS  
NUTRITION  
HYDRATION

EXERCISE  
SLEEP  
BALANCE

MEDITATION  
BREATHING  
HEALTH

