

## Word Search

# Health, Fitness, and Wellbeing

Words to Find:

NUTRITION  
STAMINA  
WELLNESS  
STRENGTH  
RELAXATION

EXERCISE  
FLEXIBILITY  
CARDIO  
IMMUNITY  
FITNESS

HYDRATION  
ENDURANCE  
POSTURE  
METABOLISM  
MINDFULNESS

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



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