

Body Care

Medium · 13 × 13 · 12 words · across, down and diagonal

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

☐ STRETCHING

☐ WALKING

☐ HYDRATE

☐ STRENGTH

☐ POSTURE

☐ SUNSCREEN

☐ DENTAL

☐ CHECKUP

☐ NUTRITION

☐ BALANCE

☐ FITNESS

☐ SLEEP

Body Care: answer key

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