Healthy Living

yoga  vegetables  training  sugar
strength  sleep  relaxation  protein
posture  oxygen  muscles  lifestyle
leisure  jogging  health  happiness
glucose  friendship  fitness  fibre
fat  exercise  energy  disease
diet  diabetes  dairy  cycling
carbohydrates  calories  balanced  appetite
alcohol

diet  balanced  lifestyle  happiness

Name: ___________________________ Date: ________________

carbohydrates  alcohol  diabetes}

yoga  vegetables  training  sugar

sleep  relaxation  protein

oxygen  muscles  lifestyle

jogging  health  happiness

friendship  fitness  fibre

exercise  energy  disease

diabetes  dairy  cycling