# Health and Wellness

- eating healthy
- swimming
- walking
- prescriptions

### Activities
- physical
- spiritual
- swimming

### Goals
- financial
- walking
- church

### Responsibility
- stress
- physical
- spiritual
- eating healthy
- financial
- walking
- church

### Hygiene
- hygiene

### Other
- reliable
- balance
- hydration
- savings
- exercise
- wellness
- social

### How to achieve
- eating healthy
- swimming
- walking
- prescriptions

- financial
- walking
- church

- physical
- spiritual
- swimming

- stress
- coping
- activities
- responsibility