

# Wellness

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

stress free  
happiness  
physical  
fitness  
motion  
calm

relaxation  
endurance  
laughter  
breathe  
energy  
joy

empowering  
wellness  
exercise  
balance  
cardio  
gym

wellbeing  
vitality  
workout  
weight  
active

self-care  
strength  
walking  
strong  
water

nutrition  
smoothie  
healthy  
muscle  
peace