

# Caring for our body

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

FATS  
NUTRIENTS  
BALANCED  
ENVIRONMENT  
REST  
WASH HANDS  
MINERALS  
EXERCISE  
BRUSH TEETH  
VITAMINS  
HEALTHY  
DIET  
PROTEINS  
FLOSS

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