

# Eat Well and Move More

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

CYCLING  
CHAIR BASED  
EAT WELL  
PROTEIN  
HEALTHY  
YOGA  
EXERCISE  
VEGETABLES  
MOVE MORE  
WALKING  
NUTS  
FRUIT  
NUTRITION  
FIBER  
WORKOUT  
FITNESS  
BALANCE  
LEGUMES  
GYM

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