

Exercise

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

- WALKING
- SHAPE
- HEALTHY
- GYM
- BONES
- YOGA
- FITNESS
- LIVE LONGER
- FEEL GOOD
- HYDRATION
- EXERCISE
- BALANCE
- STRETCHING
- BLOOD PRESSURE
- STRENGTH
- NUTRITION
- MUSCLES
- HEART
- EAT LESS
- WORKOUT

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