

Healthy Lifestyles

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

WEIGHT
 PRODUCTIVITY
 DATA
 BMI
 HEART RATE
 CARBOHYDRATES
 OXYGEN
 PROTEIN
 PHYSICAL
 HYDRATION
 CARDIOVASCULAR
 VITAMINS
 SPORT
 EXERCISE
 PULSE
 HEALTH
 TOXIC

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