

Healthy Habits

A Custom WordSearch
by Gail Marie Beckman



- Better Balance
- Boost Mood
- Build Muscles
- Burn Calories
- Calisthenics
- Cardio
- Chair Yoga
- Circulation
- Cool Down
- Cycling
- Endurance
- Enhance Mobility
- Flexibility
- Focused Breathing
- Gym Membership
- Improve Sleep
- Line Dancing
- More Energetic
- Reduce Stress
- Running
- Senior Olympics
- Strength Training
- Stretching
- Swimming
- Tai Chi
- Walking Groups
- Warm Up
- Water Aerobics
- Workout Routine



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

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A 6-Directional Puzzle

