

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 