

Healthy Eating: Finding Good Health¹

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There are a number of *nutritional risk factors* that can affect our eating as we age. We can fight some of these risk factors with healthy lifestyle choices. In the word search below, find the following six words that are important for a healthier lifestyle:

EXERCISE • FIBER • HEALTH • NUTRITION • SLEEP • WATER

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

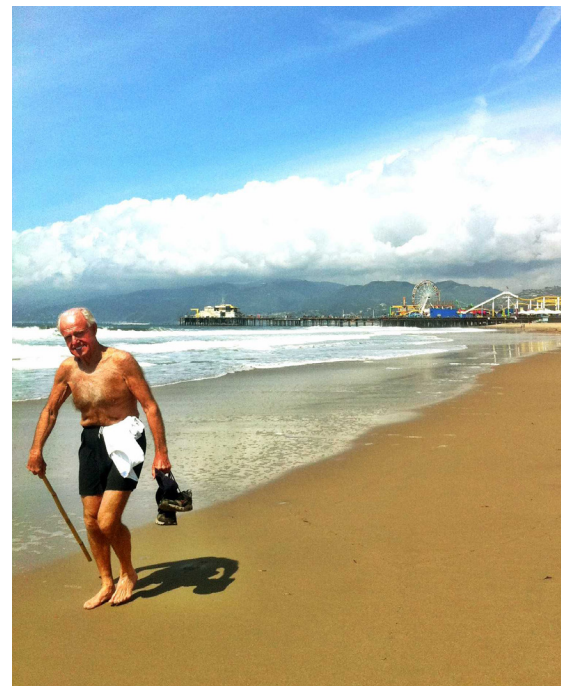


Figure 1. Being physically active helps keep us healthy at every age. Find an activity that you enjoy, and check with your doctor if you have been inactive and want to start exercising.

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