How Many Did You Get Right?

 E E T B R A H - BREATHE

 C R E I E X E S - EXERCISE

 N D E M I I O T T A - MEDITATION

 G W A L H R I N S O E – WHOLE GRAINS

 X A R E T N O I L A - RELAXATION

 N D X T A S A I N O I T - ANTIOXIDANTS

 A O E G M – OMEGA

 Z E L P U Z - PUZZLE

 Y N D O A I H R T - HYDRATION