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