



# “Weight Loss Success Story” Wordfind

*Once you’ve finished your exercise routine for the day, give your brain a workout too with this month’s puzzle, which contains twenty words all having to do with a safe, effective weight loss strategy!*

- BREAKFAST
- CLASSES
- COUNSELING
- DOCTOR
- EXERCISE
- FOOD DIARY
- FRUIT
- GRADUAL LOSS
- HIGH FIBER
- LEAN MEATS
- LOW CALORIE
- LOW FAT
- MEDICARE
- NUTRITION
- PERSISTENCE
- PORTION CONTROL
- SUPPORT GROUP
- VEGETABLES
- WATER
- WHOLE GRAINS

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

