

Healthy Hannah's Fitness Fables

A Promise to Yourself

Can you find the vocabulary words from our journey?

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

CALORIES

CARDIO

CONQUER

FITNESS

HEALTHY HABITS

NUTRITION

SELF-ESTEEM

SPIRITS

TONE

UNIQUE

VOW