

Women's Health JuMble



Name: _____

Use the clues to complete each sentence. Then place the shaded letters in order at the bottom of the page to complete the quote. All words can be found in this month's LivingRight® materials.

1. Packing a lunch can help you control the _____ sizes of your food.
2. Also pack healthy _____ so you have nutritious food to reach for when hunger pangs hit.
3. Not getting enough _____ can lead you to crave high-fat foods.
4. One way to work more movement into your day is to _____ when you're on the phone.
5. A 2017 study found that a woman's job impacts the amount of time spent _____ each day.
6. Heart disease, cancer, and _____ are among the top three causes of death for women.
7. A study has shown that women who do not adopt a healthy lifestyle after having _____ diabetes have a higher chance of cardiovascular disease.
8. The tendency to overeat is related to changes in the brain's _____ region.
9. Eat slowly to enjoy the textures and flavors of your food, and avoid _____.
10. A woman who looks at exercise as a way to renew and _____ may be motivated to stick with an exercise routine.

“Find something you're _____ about and keep tremendously interested in it.” — Julia Child