



PUZZLE

Healthy habits word scramble

Name: _____ Date: _____

Unscramble the words and place the extra letter in the last column. Then read the extra letters vertically to complete the bonus message.

1. Practicing healthy habits can add more than a **acepded** to your life.
2. It can also make these years **leahhtreir**.
3. One way to boost your mood is to routinely **tccnneeo** with others.
4. When getting rid of bad habits, first **cteefvlr** on what triggers unhealthy choices.
5. Then work on **clapeergni** the bad habit with a good one.
6. Keep making positive changes to **nierofrecn** the good habit.
7. One good habit is to stock up on **thatthey** food.
8. If you have a habit of eating too fast, try putting down your **bkorf** between bites.
9. It's tough to use only **owaliprle** to break a bad habit.
10. Using e-cigarettes, or **padvign**, is a habit that can damage your health.

<u>Answer</u>	<u>Extra letter</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

“It’s easier to _____ habits than to break them.” ~ Ben Franklin ♦