

IMMUNE BOOSTING BEHAVIORS

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

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

Word Bank

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|----------------|--------------|-------------|--------------|
| 1. walking | 2. coughs | 3. triggers | 4. diet |
| 5. rash | 6. patrol | 7. virus | 8. asthma |
| 9. symptom | 10. stress | 11. skin | 12. chemical |
| 13. activity | 14. blood | 15. covid | 16. outdoor |
| 17. bacteria | 18. trees | 19. germs | 20. cells |
| 21. sports | 22. hormones | 23. tissue | 24. inflame |
| 25. weights | 26. cancer | 27. allergy | 28. exercise |
| 29. microbiome | 30. nutrient | 31. nature | 32. immunity |
| 33. infection | | | |

