

# Staying Healthy During the Winter

1. SWAH YRUO NHADS \_\_\_\_\_
2. ETA HET IOANWRB \_\_\_\_\_
3. OEVM OYUR DYOB \_\_\_\_\_
4. EGT EQUEAATD LSEEP \_\_\_\_\_
5. SYTA SPEOTIIV \_\_\_\_\_
6. STYA TDYAREDH \_\_\_\_\_
7. NMAAGE UOYR SSREST \_\_\_\_\_
8. EGT UYRO FUL THOS \_\_\_\_\_
9. OTZURMIIES OURY NKSI \_\_\_\_\_
10. CNEOCNT THIW TOEHSR \_\_\_\_\_

# Staying Healthy During the Winter

1. SWAH YRUO NHADS **WASH YOUR HANDS**
2. ETA HET IOANWRB **EAT THE RAINBOW**
3. OEVM OYUR DYOB **MOVE YOUR BODY**
4. EGT EQUAATD LSEEP **GET ADEQUATE SLEEP**
5. SYTA SPEOTIIV **STAY POSITIVE**
6. STYA TDYAREDH **STAY HYDRATED**
7. NMAAGE UOYR SSREST **MANAGE YOUR STRESS**
8. EGT UYRO FUL THOS **GET YOUR FLU SHOT**
9. OTZURMIIES OURY NKSI **MOISTURIZE YOUR SKIN**
10. CNEOCNT THIW TOEHSR **CONNECT WITH OTHERS**