

Healthy body, healthy spirit

Worksheet 2

Adapter from: http://www.huffingtonpost.com/anca-dumitru/health-tips_b_3792302.html

7 Steps to a Healthy Body and Mind

VOCABULARY

starving

embark

extend

consistent

overall

improvement

targets

leafy

brimming with

fibers

romaine

kale

pear

allowance

inflammation

Hydrate

cells

nutrients

tremendously

fancy

flexibility

intake