

1st Quarter Wrap Up

Wellness Word Scramble!

During the 1st quarter (January, February, and March of 2026) you've explored ways to build healthier habits through **Meal Prep, The Heart Check-In**, and **Nutrition Missions**. Now it's time to put your wellness knowledge to the test with a fun Word Scramble Challenge!

Directions:

Unscramble each set of letters to reveal a wellness-related word from our Quarter 1 topics. Write your answer on the line provided. Each scrambled word is connected to something you learned about planning nutritious meals, caring for your heart, or making healthy food choices.

See how many you can solve without peeking—and don't forget to challenge a coworker to join the fun! Happy unscrambling, and here's to continuing your wellness journey throughout the year!

Employees may earn up to 100 incentive points by completing 35 of the 38 word scrambles correctly and submitting this form no later than November 1, 2026, to the Living Well Portal Quarterly Wrap Up – 1st Quarter – Wellness Word Scramble.

1. OWOEHMLSE _____
2. LSESLWNE OLGSA _____
3. WI-GEENLBL _____
4. ILATVYTI _____
5. VNBTIAR _____
6. AYIRVET _____
7. HTEIRV _____
8. ABASELCKT _____
9. HLFES LFEI _____
10. VSEGIRN SZEI _____

11. EERSCFA-L _____
12. IOTREUN _____
13. BNWIARO LFUE _____
14. IORPONT COLTNOR _____
15. RUTNOSUITI _____
16. TRNUENTI ITESIVDRY _____
17. OVME OERM _____
18. EAML EPPR _____
19. MALE ISPTRONO _____
20. RCOEA-WOLLI _____
21. LIEOVYTNG _____
22. SFEROTLEV _____
23. EBLAL _____
24. NYOTNIRVE _____
25. EMAODHME _____
26. -TGEORHINHPI _____
27. -OGOEBIRSNHTAT _____
28. AHRET ALYETH _____
29. SFHERSSEN _____
30. SRHEF PUCEDOR _____
31. IFREB _____
32. EVDERAYY NSEWELSL _____
33. AET ETH OAINBRW _____
34. OSCLIIEDU _____
35. CARENNsito _____
36. CLOFRULO _____
37. LCABNDEA _____
38. TEAVIC ILGVNI _____

Words for the above scramble:

Fresh Produce
Thrive
Meal portions
Balanced
Shelf life
Everyday Wellness
High-protein
Colorful
Inventory
Well-Being
Fiber
Variety
Containers

Heart Healthy
Homemade
Active Living
Nutritious
Self-Care
Delicious
Vitality
Meal prep
Portion control
Rainbow Fuel
Wellness Goals
Freshness
Label

Low-calorie
Serving size
Vibrant
Leftovers
Stackable
Longevity
Heart-Boosting
Move More
Routine
Nutrient Diversity
Wholesome
Eat the Rainbow