



Word Search Puzzles

Volume 10

Health, Wellness & Mindful Living

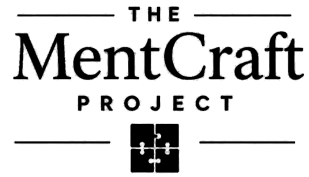


100 Themed Puzzles + 10 Bonus Puzzles

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Includes a Complete Word Glossary

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Health, Wellness & Mindful Living

Word Search Puzzles

Volume 10

110 Puzzles Including 10 Bonus Puzzles

For David

My son, you have a wonderful mind.

Always remain curious and never assume you know everything.

How to Get the Most Out of This Book

Every MentCraft collection is built on a simple belief: a mind that's regularly challenged stays sharper, more curious, and more capable. Word search puzzles train the mind in their own distinctive way — scanning a crowded grid, holding a target word in mind, and letting your eye catch the pattern hidden among the noise. It's a different kind of focus than reasoning through a clue: less about deduction, more about sustained visual attention.

Each puzzle's header shows its subtheme, its number, and a difficulty rating, so you can track your progress or choose where to start. All solutions are grouped together near the end of the book, in numerical order, ready whenever you need to check your work.

If you're the kind of solver who likes to dig a little deeper, this book includes a complete Glossary at the very end — every word, defined and alphabetized, so an unfamiliar term never has to stay a mystery. And at the bottom of every puzzle page, you'll find a My Notes space: room to jot down a new word you've learned, a pattern you noticed, or anything worth remembering as you go.

Find each word from the list hidden in the grid — words may run horizontally, vertically, or diagonally, in any direction, forwards or backwards. Enjoy the journey!

Puzzle 1: Anatomy, Body Systems, Mobility & Recovery

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

FIND THESE WORDS:

BRONCHUS
FIBULA
HOMEOSTASIS
PHARYNX
SKELETON

CEREBRUM
FOLLICLE
MANDIBLE
PITUITARY
STERNUM

DERMIS
GANGLION
MYELIN
SCAPULA
VERTEBRAE

My Notes:

Puzzle 2: Anatomy, Body Systems, Mobility & Recovery

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

FIND THESE WORDS:

- CLAVICLE

DIAPHRAGM

JEJUNUM

NEURON

TEMPORAL
- COCCYX

EPIDERMIS

MUSCLE

ORTHOPEDIC

THALAMUS
- DENDRITE

HEMOGLOBIN

MYOCYTE

PATELLA

THORACIC

My Notes:

BONUS PUZZLES

Our gift to you for choosing this book!

A few extra, slightly trickier puzzles to enjoy.

Puzzle 101: BONUS

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

FIND THESE WORDS:

- ADAPTABILITY
COMPASSIONATE
DEFIBRILLATOR
OSTEOPOROSIS
TOGETHERNESS
- AROMATHERAPIST
CONTEMPLATIONS
NEURODEGENERATIVE
PERSEVERANCE
TRANSCENDENCE
- ATHEROMATOUS
DECELERATION
ORGANIZATION
STABILIZATION
VEGETARIANISM

My Notes:

Solution #1

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

Solution #2

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

Solution #3

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

Solution #4

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

Glossary

ABDUCT: To move a limb away from the midline of the body.

ABDUCTION: Movement of a limb away from the midline of the body.

ABDUCTOR: A muscle that moves a limb away from the midline of a body.

ABODE: A person's place of residence; a home.

ABSOLUTION: Formal release from guilt or punishment.

ACCELERATION: The increase in speed or velocity during an exercise.

ACCEPTANCE: The action of consenting to receive or undertake something offered.

ACHIEVE: To bring about by effort, skill, or diligence.

ACIDITY: The degree of sourness or the presence of acid in a solution.

ACUPUNCTURE: A traditional practice involving the insertion of fine needles at selected points on the body.

ACUPUNCTURIST: A practitioner trained to perform acupuncture.

ADAPTABILITY: The ability to adjust successfully to changing circumstances or needs.

ADAPTOGEN: A natural substance believed to help the body resist physical or mental stress.

ADDUCTION: Movement of a limb toward the midline of the body.

ADDUCTOR: A muscle that moves a limb towards the midline of the body.

ADRENAL: Relating to the glands located on top of the kidneys.

ADVENTURER: A person who is willing to take risks or try new experiences.

ADVOCACY: Public support for or recommendation of a particular cause.

AEROBIC: Relating to or involving the use of oxygen for energy production during exercise.

AEROBICS: Physical exercises consisting of rhythmic movements to music.

AESTHETIC: Relating to the visual beauty or pleasing appearance of a space.

AFFECTION: A gentle feeling of fondness or liking.

AFFECTIONATE: Showing warmth and fondness towards others.

AFFINITY: A natural liking for or attraction to someone or something.

AFFIRM: To state or declare something in a confident and reassuring manner.

AFFIRMATION: A positive statement repeated to oneself to encourage confidence or motivation.

AFFIRMATIONS: Positive statements repeated to oneself with the intention of manifesting a desired reality.

AFFIRMATIVE: Expressing agreement or consent; positive.

AGELESS: Appearing not to be affected by age or the passage of time.

AGILITY: The ability to move quickly and easily with control.

AGING: The natural process of growing older over time.

AHIMSA: Yogic principle of non-violence.

AIRY: Having a light, spacious, and well-ventilated character.

ALCOVE: A small, recessed section or nook in a room.

ALIGN: To place body parts in a balanced or properly positioned relationship.

ALIGNMENT: The correct positioning or arrangement of body parts in a straight line.

ALKALINE: Having a pH level greater than 7.

ALLIANCE: A union or association formed for mutual benefit.

ALOE: A succulent plant used to soothe skin irritations.

ALPINE: Relating to high mountains.

ALTRUISM: The practice of selfless concern for the well-being of others.

ALTRUISTIC: Showing a selfless concern for the well-being of others.

ALVEOLI: Tiny air sacs in the lungs where gas exchange occurs.

AMBIANCE: The character and atmosphere of a place.

AMBITION: A strong desire and determination to achieve success.

AMBITIOUS: Having a strong desire and determination to succeed.

AMBLE: To walk at a slow, relaxed pace.

AMBULANCE: A vehicle equipped to transport sick or injured people to a hospital.

AMBULATORY: Able to walk about; pertaining to walking.

AMITY: A state of friendship or peaceful harmony between people or/or groups.

AMPLITUDE: The maximum extent of a physical movement or motion.

AMYGDALA: A small almond-shaped set of neurons involved in emotion.

ANAEROBIC: Relating to intense exercise performed without enough oxygen.

ANALGESIC: A substance used to relieve pain.

ANATOMICAL: Relating to the structure of the body.

ANGINA: Chest pain or discomfort caused by reduced blood flow to the heart.

ANGIOPLASTY: A surgical procedure used to widen narrowed or obstructed arteries.

ANHEDONIA: Inability to experience pleasure from normally enjoyable activities.

ANTACID: A substance used to neutralize stomach acid.

ANTIBACTERIAL: Effective against bacteria.

ANTIBIOTIC: A medicine used to treat infections caused by bacteria.

The MentCraft Project starts from a simple idea: a mind that's exercised regularly stays sharper, more curious, and more capable — but not every mind sharpens the same way. Some people think best in words, others in numbers, others in shapes and spatial patterns, others in sequences of logical steps. That's why MentCraft builds puzzle collections across many different formats, each one training a different kind of mental muscle.

Word search puzzles train the mind in their own distinctive way: rather than reasoning through wordplay, you're scanning a crowded field of letters, holding a target word in mind, and training your eye to catch a pattern hidden among the noise. Every word found sharpens visual attention and sustained focus — the quiet discipline of not looking away until the pattern reveals itself.

Explore the intricacies of your well-being through this captivating word search puzzle book themed "Health, Wellness & Mindful Living." Dive into puzzles that will challenge you to find terms like "Anatomy" and "Hydration," expanding your knowledge as you uncover new insights. Whether you're enhancing your understanding of body systems or discovering the benefits of "Digital Wellness," each solved puzzle brings a deeper connection to your health journey, promoting both curiosity and self-care.

