

Name: _____

Date: _____

Benefits of Physical Activity

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

Relationships

Self esteem

Relaxation

Confidence

Digestion

Balance

Muscles

Weight

Memory

Growth

Health

Sports

Energy

Sleep

Brain

Lungs

Bones

Heart

Skin

Mood