

# Exercise

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

Horse Riding

Football

Jumping

Tennis

Golf

Trampolining

Swimming

Running

Rugby

Bike

Basketball

Stretch

Walking

Dance