

Name: _____

Date: _____

Exercise

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

Jumping Jacks

No Junk Food

Hop Scotch

Leap Frog

Crab Walk

hula hoop

Jump rope

Football

Limit TV

Running

Walking

Soccer