

Name: _____

Date: _____

Fun With Fitness

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

arm circles
push ups
sit ups
heart

exercise
courage
strong
water

powerful
healthy
coach
Yoga