

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# GET MOVING

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

vegetables  
healthy  
fruit  
swim  
run

stretch  
cardio  
water  
yoga  
fit

muscles  
sweat  
walk  
rest  
fun

weights  
dance  
jump  
eat