

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

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

# Get Moving!

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

vegetables  
muscles  
sweat  
walk  
jump

stretch  
sports  
water  
rest  
fun

healthy  
cardio  
fruit  
swim  
eat

weights  
dance  
heart  
yoga  
run