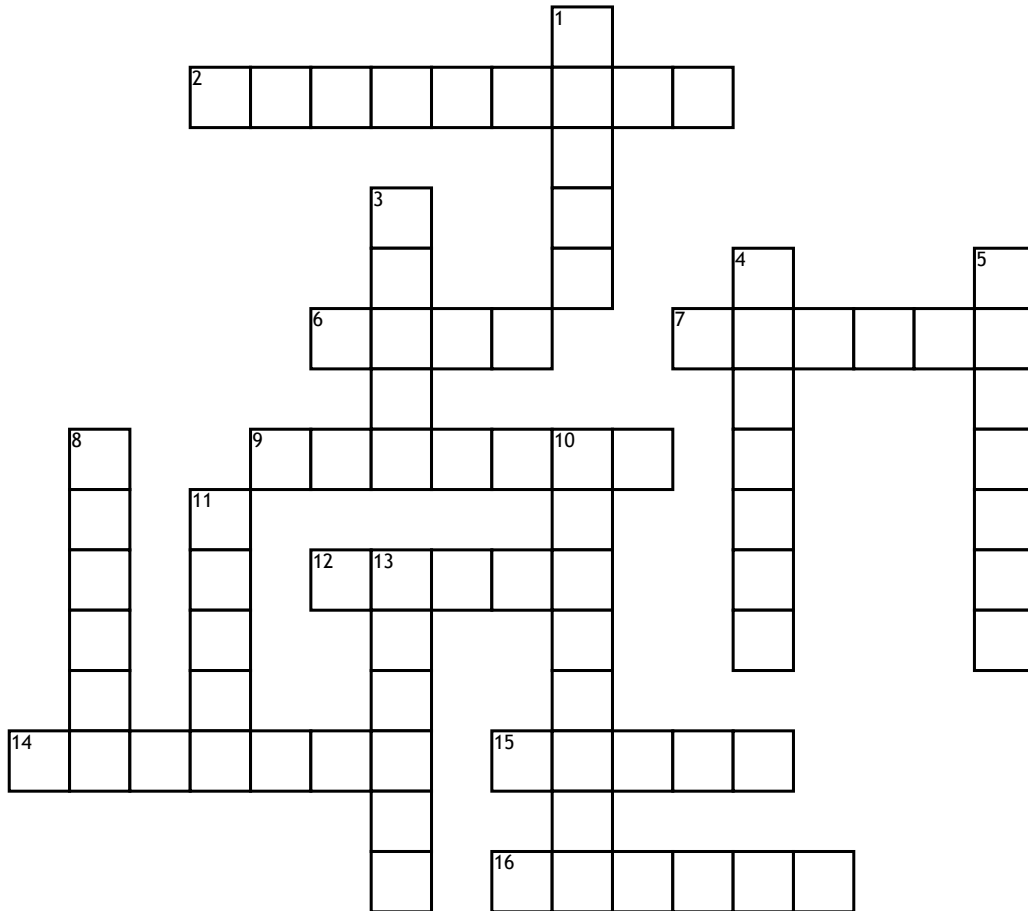


Name: _____

Date: _____

Gym Crossword



Across

2. I eat _____ every morning to start my day.

6. After running I like to _____ to bring my hear rate down.

7. When I exercise, I'm building _____.

9. When I'm hungry I got to the _____ to get food.

12. _____ is my favorite fruit.

14. Before exercising you should always _____.

15. This exercise really works out my stomach. _____

16. Knowing my _____ tells me how tall I am.

Down

1. Drinking _____ is very important to stay hydrated.

3. My _____ pumps a lot when I exercise

4. _____ is a great exercise I like to do instead of walking while outside.

5. I exercise and eat good food to stay _____.

8. The scale tells me my _____.

10. _____ is something I do daily to stay Healthy.

11. I love to _____ when music comes on

13. This exercise requires me to use my arms a lot.

Word Bank

Kitchen

Push up

Sit up

Healthy

Apple

Stretch

Muscle

Walk

Water

Exercise

Heart

Breakfast

Running

Dance

Weight

Height