

Name: _____ Date: _____

Keeping Active and Healthy

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

healthy eating habits

physical activity

mental fitness

flexibility

elderly

alcohol

sports performance

regular exercise

social fitness

star jumps

muscles

salt

muscular strength

physical fitness

carbohydrates

enjoyable

jogging

exercise benefits

cardiovascular

training days

press ups

smoking