

Name: _____

Date: _____

Keeping fit

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

relaxation	enjoyment	breathing	pleasure	swimming
exercise	graceful	control	muscles	stretch
circle	supple	touch	smile	calm
rest	feel	easy	yoga	walk
bend				