

Name: _____

Date: _____

Let's Get Fit!

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

Mountain Climbing
Natural Foods
Ice Skating
Basketball
Curl Ups
Swimming
Pullups
Hiking
Lunges

Mountain Climbers
Rope Climbing
Wall Squats
Six Inches
Canoeing
Switches
Pushups
Skiing
Warmup

Standing Squats
Cross Country
Butterflies
Leg Lifts
Football
Walking
Stretch
Tennis
Water

Track and Field
Healthy Diet
Ice Hockey
Bicycling
Baseball
Running
Karate
Soccer
Dips

Roller Skating
Floor Hockey
Volleyball
Cool Down
Softball
Jogging
Planks
Pacing
Golf