

Name: _____

Movement Is Medicine!

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

NERVOUS SYSTEM

ISOLATION

FLEXIBLE

SITTING

PLANE

PUSH

METABOLISM

EXERCISE

DISEASE

RUNNING

SQUAT

FUNCTIONAL

TRAINING

BALANCE

BASICS

YOGA

STABILITY

SKELETAL

MUSCLES

LUNGE

PULL