

Name: _____

Date: _____

Movement is Medicine!

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

Movement is Medicine

I Love Exercise

Neumotion Rehab

Neuroplasticity

Get Physical

Flexibility

Stretching

Neurology

Exercise

Strength

Balance

Fitness

Gym Rat

Therapy

Strong