

Name: _____

National Health Week- Exercise

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

Gymnastics
Healthier
Swimming
Fitness

Heart rate
Exercise
Cycling
Running

Breathing
Sweating
Dancing
Walking