

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Physical Fitness

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

physical fitness

bodycomposition

weightlifting

rockclimbing

coordination

flexibility

gymnastics

emotional

endurance

swimming

benefits

strength

exercise

dancing

skating

running

soccer

social

mental

yoga