

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

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

# Sit and Reach Word Search

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

turtle hand position  
warm up stretches  
flexibility  
lower back  
left foot  
arms

sit and reach test  
personal fitness  
smiley face  
right foot  
sitting  
knee

hamstring muscles  
forward stretch  
back saver  
straighten  
hands  
legs