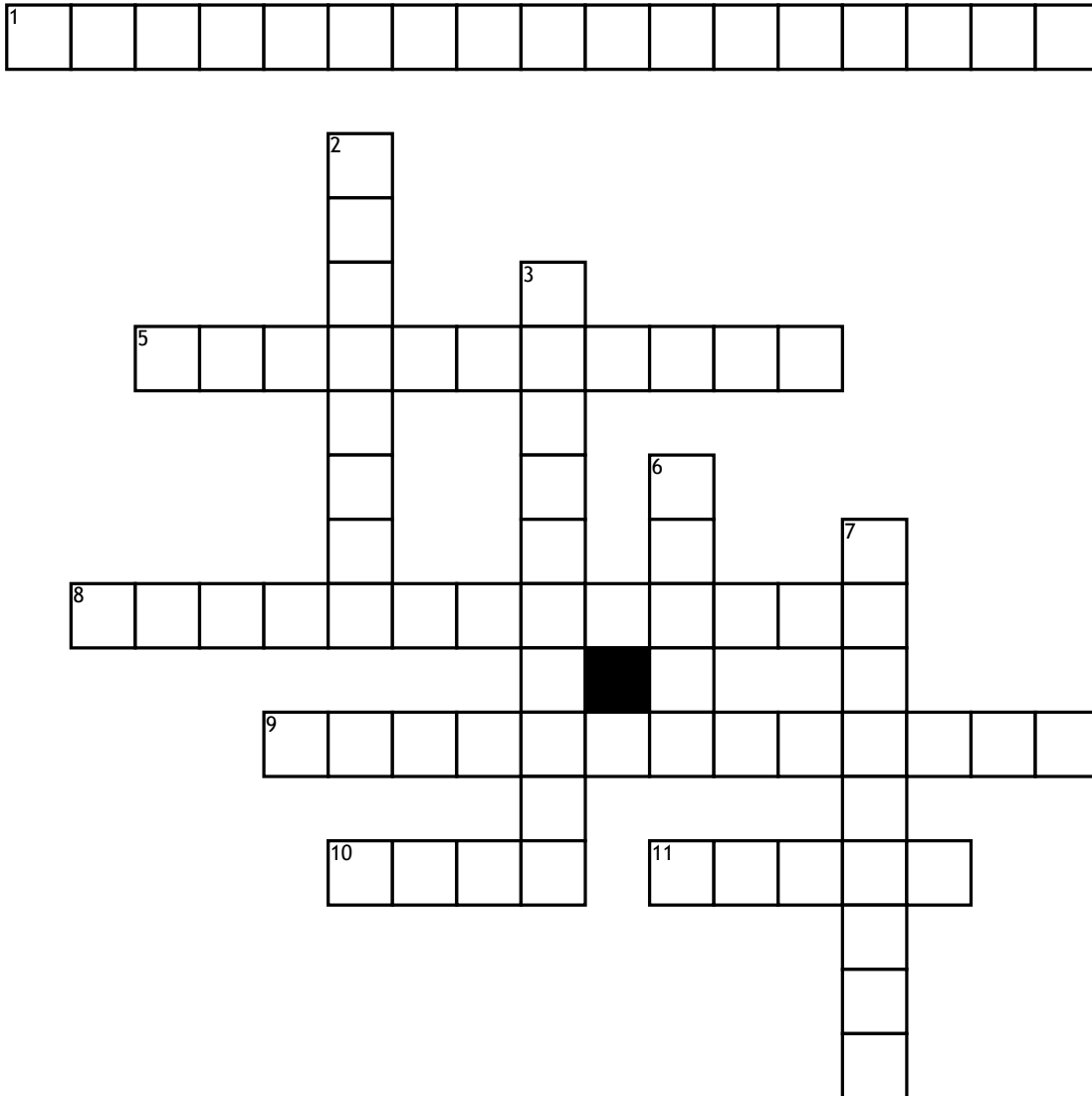


Name: _____

Date: _____

Vocabulart



Across

1. To go to the gym often
5. to excerse
8. To be muscular
9. Self-defense
10. To paddle
11. To take a shower of a workout because...

Down

2. To to in the water
3. vigorous walk
4. can be called Alpinism
6. Eating healthy
7. To do after or before a workout