

Name: _____

Date: _____

physical activites

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

mowing the lawn
pickleball
sprinting
pilates
squats
hiking

deep knee bends
hip raises
planking
lifting
skiing
biking

jumping jacks
swimming\
crunches
jogging
situps
golf

side bends
stretches
pushups
stairs
lunges