



Bundle Up! Word Scramble

Our need for physical activity doesn't take a winter break. But when the day is cold and blustery, it's important to dress for the season. Below are the scrambled names of 8 garments that can help you avoid hypothermia during those cool weather workouts.

When you're done, take the letters that appear in the boxes to find a bit of advice from winter exercise experts! (Answers at bottom)

SOTBO

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TAJKEC

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SINTETM

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FARSC

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TEEWARS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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HTA

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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YDHOO

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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GOVELS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Answers to "Bundle Up!" Word Scramble: BOOTS, JACKET, MITTENS, SCARF, SWEATER, HAT, HOODY, GLOVES.
Final phrase: "DRESS IN LAYERS"