

“Exercise Is For Everybody” wordfind



No matter what your age and physical condition, exercise is one of the best things you can do for yourself! 16 terms having to do with the benefits of exercise are hidden in this wordfind puzzle. Can you find them all?



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

BALANCE

BRAIN HEALTH

BREATHING

CARDIOVASCULAR

ENDORPHINS

ENDURANCE

FLEXIBILITY

IMMUNE SYSTEM

INDEPENDENCE

LIGAMENTS

MUSCLES

OXYGEN

STAMINA

STRENGTH

STRETCHING

WELL BEING

