



National Senior Health and Fitness Day

Each year during May, thousands of older adults participate in local fitness activities throughout the country as part of National Senior Health & Fitness Day, the nation's largest health promotion event for older adults. Unscramble these 8 words, which all have to do with senior fitness. When you're done, rearrange the circled letters to find the goal of keeping active! (Answers at bottom of this sheet.)

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MESGA

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Answers to "National Senior Health and Fitness Day": SWIM, WALKING, HIKE, WEIGHTS, GAMES, AEROBIC, DANCE, PLAY, Final Phrase: HEALTHY AGING.