

A Spring in Your Step!

Now that the weather is nicer, it's a great time to get out and WALK! Even if it rains, you can substitute a few laps around the local mall. The 8 scrambled words below are different words for "walk." Once you've unscrambled the words, rearrange the circled letters to find out a way to stay motivated to keep up your exercise program. (Answers at bottom of this sheet.)

LABEM

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SOLLTR

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KEHI

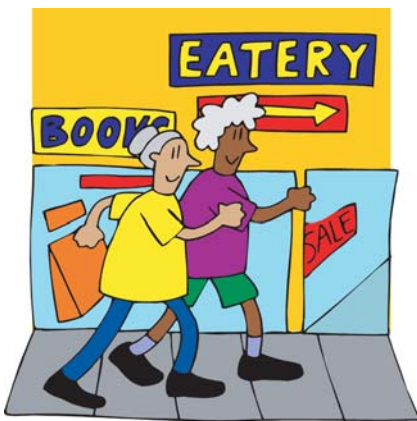
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PEAC

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DANWER

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IEGLD

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TAUSNRE

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OHFO

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Answers to "A Spring in Your Step": AMBLE, STROLL, HIKE, PACE, WANDER, GLIDE, SAUNTER, HOOF
Final phrase: BRING A FRIEND!