

# EXERCISE FOR LIFE



There are 20 fitness-related terms hidden in this wordfind puzzle.  
Can you find them all?



- AEROBIC
- BALANCE
- BREATHING
- FITNESS
- FLEXIBILITY
- HEART RATE
- METABOLISM
- MOVEMENT
- MUSCLES
- PHYSIOLOGY
- PULSE
- SAFETY
- STRENGTHEN
- STRETCHING
- TRAINING
- TREADMILL
- WALKING
- WARMUP
- WEIGHTS
- WORKOUT

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

