

Name: _____

Date: _____

Taha Wairua- Physical Wellbing

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

Transformation
 Conditioning
 Nutrition
 Warm up
 Athlete
 Bones,
 Fit

Cardiovascular
 Performance
 Endurance
 Muscles
 Ability
 Games

Blood pressure
 Motivation
 Strength
 Breathe
 Record
 Yoga

participation
 Attendance
 Aerobics
 Balance
 Energy
 Goal

Unrestricted
 Resilient
 Workout
 Attempt
 Doctor
 Body