

Name: _____

Date: _____

Let's Get Fit!

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

Water Natural Foods Leg Lifts Karate Healthy Diet Ice Hockey Floor Hockey Planks
Standing Squats Dips Curl Ups Roller Skating Ice Skating Rope Climbing Mountain Climbing
Canoeing Hiking Skiing Golf Track and Field Tennis Football Cross Country Volleyball
Baseball Basketball Softball Soccer Walking Running Bicycling Swimming Pacing
Jogging Six Inches Pullups Pushups Wall Squats Lunges Switches Mountain Climbers
Butterflies Cool Down Warmup Stretch