

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