

Name: _____

Date: _____

Types of Exercise

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

Cutting the grass
Lifting Weights
Roller Blading
Roller Skating
Shoveling snow
Exercise Ball
Track'n Field
Cross Country
Stair Climber
Raking leaves
Jumping Jacks
Basketball
Volleyball
Eliptical
Jump Rope
Vaccuming
Bicycling
Treadmill
Pull Ups
Football
Wall sit
Crunches
Push ups
Softball
Sweeping
Swimming
Dancing
Laundry
Jogging
Running
Sit ups
Cooking
Dusting
Mopping
Walking
Zumba
Bike
Yoga

