



Exercise Word Find

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

Daily

Yoga

Important

Low Impact

Strength

Tai Chi

Stretching

Muscles

Pacing

Joints

Walking

Goals

Swimming

Move

Cycling

Enjoy