

# Word Search

Find the words below and then set an exercise goal!

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

- |          |       |         |         |
|----------|-------|---------|---------|
| DANCE    | GOALS | LUNGS   | SWIM    |
| EXERCISE | HEART | MUSCLE  | WALKING |
| FLEXIBLE | JUMP  | RUNNING | YOGA    |

My fitness goal is to do \_\_\_\_\_ for \_\_\_\_\_ minutes, \_\_\_\_\_ X per week with \_\_\_\_\_!

(activity) (length of time) (number) (name of friend or family member)