

Exercise to Music

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

communication
flexibility
emotions
stretch
smile

bodylanguage
wellbeing
exercise
cardio
water

expressions
cooldown
fitness
chair
fun