

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fitness And Stay Healthy

1 G 5 V T A 1 R J M F H S U S W Y B A C A X U W  
A E E Y W X N T V T S 1 S L E S I C R E X E T L  
B X E E J R N U I M V 5 K A R Y V R N I H Y I A  
N W E X 1 J Y S N U F I H G Y W I T X F W F E J  
F Y X F Y U M L 1 G R C X K E L P A U M A S P I  
F G S 1 A M F J I E U F U J K X U N A P P 1 S X  
M U P W T P K C L L I 1 E N F K I N P U M P X S  
R M G 5 H I I 1 U Y X V E T Y C I M L R S E S H  
R V I K G N L C H X C C V F I S S L J B I E X Y  
L J R C I G U 1 J B 1 W A T E R U V T 5 R E I L  
Y G M S E J C S S E N T I F A P C H X J R E T T  
C Y S W W A U P T H X B R G V R X H S V C F V A  
A M N H F C N A X I 5 J S F E I P N A H C S J S  
U A P E S K L S 5 V R R F R G N V U B F G C K S  
L Y S A F S L Y E 1 U E R E E B B E S I T U P S  
5 R I L 5 U H T A W T I 1 S T X N X S H K B E A  
W B T T L 5 I S N L U K 5 H A M N 1 A F U J G V  
I A Y H P V P L E X E L X M B N N W 1 N M P U I  
5 5 T Y G X J 5 R 5 F I R A L F A T J K T A S R  
X T B R 1 5 M 5 E J H J V N E J K Y E P X B T L  
1 M W J E E Y U I Y R A 5 1 S J H L C J W J S V  
X I A E H J T E E M R L Y 5 J 1 I F E L G X C E  
I H K Y C W E C X I L P X L P T R U I S G H M 1  
Y E F N N J G S L M 5 E L U F H C U M 5 T R F X

jumping jacks

freshman 15

vegetables

pull ups

push ups

exercise

fitness

healthy

situps

weight

fruit

water

gym