

Name: _____

Date: _____

Fitness

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

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|----------------|---------------|-------------|------------|------------|
| cardiovascular | carbohydrates | flexibility | stretching | basketball |
| endurance | wrestling | stability | overload | muscular |
| ability | balance | muscles | fitness | lunging |
| lifting | protein | pushups | running | workout |
| active | curlup | lunges | planks | health |
| situps | fruit | yoga | mile | jog |