

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

# Fitness and wellness

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

maximum heart rate  
circuit training  
coordination  
hydrated  
power

target heart rate  
cardiovascular  
flexibility  
agility  
yoga

muscular strength  
mental health  
positivity  
balance  
fun