

Name: _____

Date: _____

Health & Wellness Word Search

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

stair climbing
rock climbing
laughter
running
planks
zumba

water aerobics
kick boxing
swimming
weights
squats
HIIT

dance fitness
jump rope
massage
walking
tennis
play

heart healthy
treadmill
muscles
biking
sleep
yoga