

Name: _____

Date: _____

Let's Get Fit!

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

Water
Ice Hockey
Curl Ups
Canoeing
Tennis
Basketball
Bicycling
Pullups
Mountain Climbers

Natural Foods
Floor Hockey
Roller Skating
Hiking
Football
Softball
Swimming
Pushups
Butterflies

Leg Lifts
Planks
Ice Skating
Skiing
Cross Country
Soccer
Pacing
Wall Squats
Cool Down

Karate
Standing Squats
Rope Climbing
Golf
Volleyball
Walking
Jogging
Lunges
Warmup

Healthy Diet
Dips
Mountain Climbing
Track and Field
Baseball
Running
Six Inches
Switches
Stretch