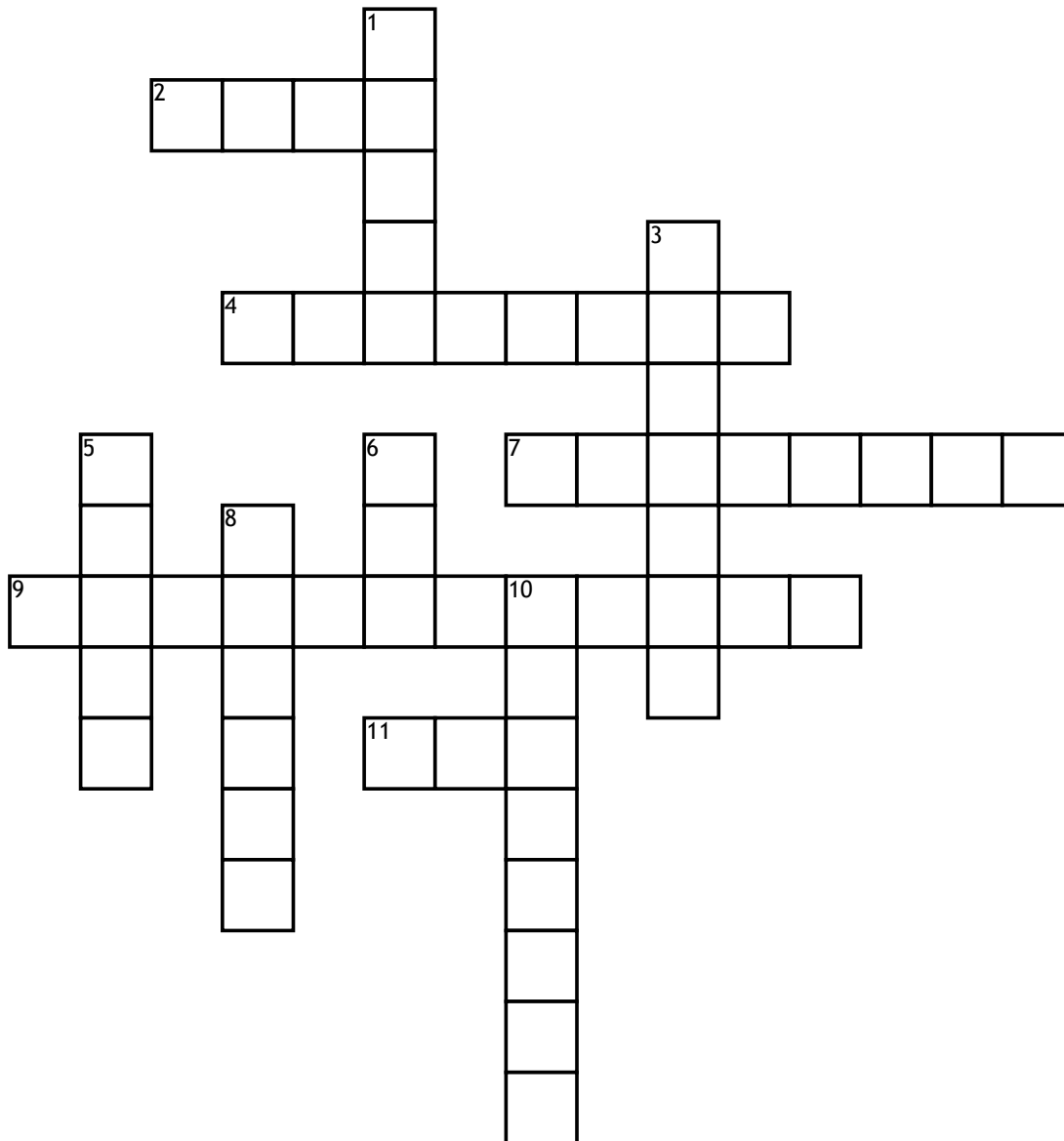


Name: _____

M.O.V.E



Across

- 2. A type of exercise that is very relaxing and peaceful.
- 4. Something you gain when using weights.
- 7. Something you should get everyday.
- 9. An exercise that involves jumping up and down and clapping your hands.
- 11. A place you can go to exercise.

Down

- 1. Something you should drink everyday to stay hydrated.
- 3. Something you should do before and after a workout or going to the gym.
- 5. A stretch that involves bending down and pretending like you're sitting in a chair.
- 6. Something that many people do for exercise.
- 8. Something you can play to be active.
- 10. A type of activity that involves jumping over something.