

Name: _____

Date: _____

Physical Activites for Groups and Individuals

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

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|-----------------|----------------|----------------|---------------|---------------|
| healthscreening | cardiovascular | questionnaires | bloodpressure | fitnesslevels |
| lungvolumes | resistances | permission | interviews | Individual |
| heartrate | lifestyle | Intensity | Postnatel | Antenatal |
| evaluate | Instruct | circuits | Children | factors |
| weights | Elderly | square | bowtie | Person |
| Group | Plan | PARQ | gym | |