

Be a Fit Kid- Movin' and Groovin'!

Do something that you enjoy to get your body moving. Exercise daily so you can stay fit.

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



Draw a circle around each word that you find and then cross it off the list. Look for words that are spelled forwards and backwards.

BASEBALL
 BOWLING
 FITNESS
 SKIING
 SWIMMING
 WALKING

BASKETBALL
 DANCING
 RUNNING
 SLEDDING
 TUMBLING
 YOGA

BIKING
 EXERCISE
 SKATING
 SOCCER
 VOLLEYBALL

