

Be a Fit Kid- Stuff your body needs!



Your body needs many things in order for you to be, and feel, healthy and happy.

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



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.

ACTIVITIES
 FRIENDS
 MEALTIME
 MUSIC
 SLEEP
 VEGETABLES

ENERGY
 FRUITS
 MINERALS
 PLAY
 SNACKS
 VITAMINS

EXERCISE
 FUN
 MOVEMENT
 RELAX
 STRETCH
 WATER

