

fit Moves Word Search

Physical activity doesn't have to be exercise. Go for a walk, dance, or stretch while you get dressed for the day. Move many times, many ways, and in many places. It all adds up!

Get active! After you find a word, do the action before searching for the next word.

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

Word Bank:

ARM CIRCLES	JUMPING JACKS	PUSH UPS
DANCE CRAZY	JUMP HIGH	RUN IN PLACE
HIGH KNEES	MARCH IN PLACE	STRETCH
HULA HOOP		TOE TOUCHES