

# WELLNESS WORD SEARCH & CROSSWORD

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

## WORD BANK

- Frog Jump
- Squat
- Lunge
- Pushup
- Flamingo Hop
- Bear Crawl
- Superman
- Plank
- Burpee
- High Knees

## (CLUES)

**DOWN:**

- 1). Contracting your muscles to make them tight and strong.
- 2). Having control of your body and being able to move different parts smoothly.
- 6). Supplying your body with the nutrients it needs to grow and stay healthy.

**ACROSS:**

- 3). Your muscles' ability to push against a resistance or force.
- 4). The ability to freely move a joint through its full range of motion.
- 5). Giving your mind and body a break and relieving yourself from stress.
- 7). Stretching or lengthening your muscles
- 8). How you measure how long you exercise for.
- 9). The ability to stay upright and in control of your movement.
- 10). The practice of relaxing your mind and body through stretching.