

HEALTHY WORD SEARCH

Being healthy means many things: exercising, eating right, staying hydrated, helping others, and feeling good about oneself. Find the healthy activities in the word search, once you find the word, DO THE ACTIVITY!

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

Find, AND DO, the following:

ARM CIRCLES

BALANCE ON ONE LEG

BODY SQUATS

RUN AROUND HOUSE

EAT A VEGETABLE

DRINK WATER

GO ON A WALK

HIGH FIVE A FAMILY MEMBER

PUSHUPS

TOUCH YOUR TOES

JUMP AS HIGH AS YOU CAN

SITUPS

TAKE A DEEP BREATH

YELL "I AM AN ATHLETE"

DO A CHORE

TRY THE SPLITS

GO ON A WALK

PLAY CATCH