# Express Your Health!

## Word Scramblers

Being active through regular physical activity is one of the most important things you can do to improve your health. Unscramble the words below that describe fun physical activities that will get you on the road to a healthy lifestyle. Kids and teens should get at least 60 minutes of physical activity on most, preferably all, days of the week.

GDNAINC _ _ _ _ _ _ _

WSMIMIGN _ _ _ _ _ _ _ _

ANWGKIL _ _ _ _ _ _ _

LSLOBTAF _ _ _ _ _ _ _ _

GIKBNI _ _ _ _ _ _

(**Answers:** DANCING, SWIMMING, WALKING, SOFTBALL, BIKING)

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## Word Search

Eat healthy to help give you energy, powerful muscles, and strong bones. Find and circle the following words related to healthy eating.

| | | | | |
|---|---|---|---|---|
| APPLE | CHICKEN | GRAIN | PIZZA | RAISIN |
| BANANA | DAIRY | NUTRITION | PRETZEL | SALAD |
| BROCCOLI | FISH | ORANGE | PROTEIN | VEGETABLES |
| CARROT | FRUIT | PEANUT | PYRAMID | YOGURT |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | O | O | R | A | N | G | E | C | P | I | Z | Z | A | P |
| N | R | N | A | R | O | L | Z | N | R | A | I | S | I | S |
| O | E | U | G | E | C | T | E | S | A | L | A | D | A | E |
| I | P | A | G | S | G | K | G | N | N | I | S | I | A | R |
| T | O | P | U | O | C | E | B | R | O | C | C | O | L | I |
| I | E | M | I | I | Y | P | P | P | I | T | A | R | Y | E |
| R | L | N | H | C | D | R | U | Y | U | E | B | F | R | H |
| T | P | C | L | A | T | O | A | N | R | T | C | I | I | I |
| U | P | T | R | I | R | T | A | I | A | A | G | S | A | U |
| N | A | Y | U | P | R | E | T | Z | E | L | M | H | D | D |
| G | P | R | T | R | P | I | C | N | U | T | R | I | T | A |
| R | F | T | R | F | A | N | T | N | I | A | R | G | D | E |
| R | M | T | O | R | R | A | C | A | N | A | N | A | B | R |
| A | F | Z | I | N | V | E | G | E | T | A | B | L | E | S |
| C | V | M | A | T | I | N | I | C | I | I | U | U | U | P |

CDC Office of Women's Health • 1600 Clifton Rd., NE, MS E89 • Atlanta, GA 30333 • 404.498.2300 (tel) • 404.498.2370 (fax) • owh@cdc.gov