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)

Express Your Health!™

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

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