

Fitness Wordsearch

Name: _____

Date: _____

Find all of the words to complete the wordsearch

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

- | | | | | | |
|----------------|-----------|----------|------------|---------------|-----------------|
| cardiovascular | endurance | stamina | healthy | fitness | life expectancy |
| overweight | obese | heart | lungs | fatigue | flexibility |
| strength | agility | speed | motivation | determination | aerobic |
| skipping | jogging | dumbbell | resistance | circuit | interval |
| continuous | rest | recovery | exercise | balance | stretching |

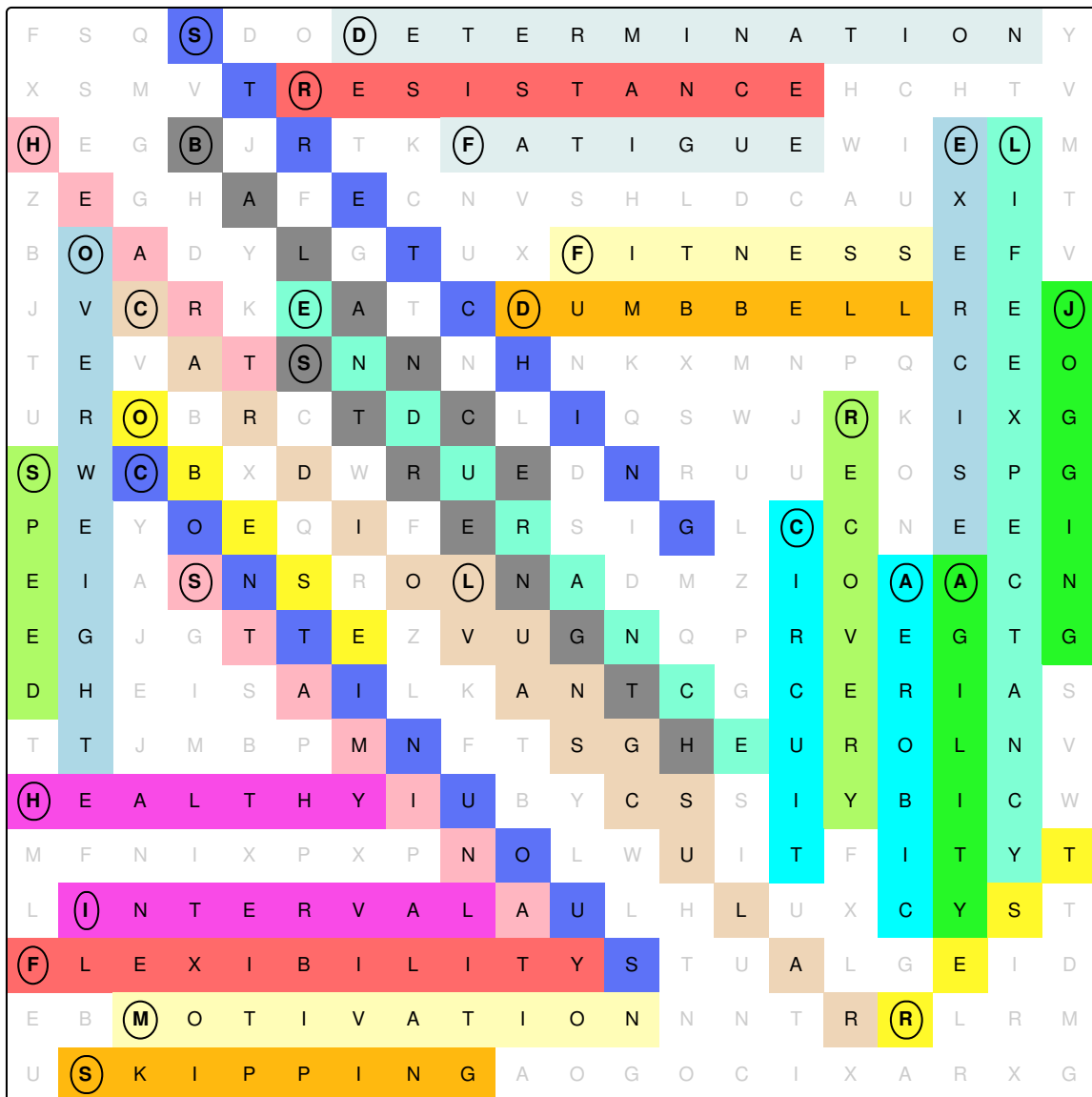
Write definitions for as many of the words as possible

.....

.....

Blank lined paper with horizontal ruling lines.

Find all of the words to complete the wordsearch



- | | | | | | |
|------------------|-------------|------------|--------------|-----------------|-------------------|
| cardiovascular ↘ | endurance ↘ | stamina ↘ | healthy → | fitness → | life expectancy ↓ |
| overweight ↓ | obese ↘ | heart ↘ | lungs ↘ | fatigue → | flexibility → |
| strength ↘ | agility ↓ | speed ↓ | motivation → | determination → | aerobic ↓ |
| skipping → | jogging ↓ | dumbbell → | resistance → | circuit ↓ | interval → |
| continuous ↘ | rest ↗ | recovery ↓ | exercise ↓ | balance ↘ | stretching ↘ |

30 words in Wordsearch: 9 vertical, 10 horizontal, 11 diagonal. (0 reversed.)

Write definitions for as many of the words as possible

[Student worksheet has a 27 line writing exercise here.]