

Physical Fitness

Word Search

WHO MADE THIS?

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ILLUSTRATIONS

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Name: _____ Date: _____

Physical Fitness Word Search

DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.

- ACTIVITY
- AEROBIC
- AGILITY
- BALANCE
- BODY COMPOSITION
- CARDIO
- COORDINATION
- DAILY
- DEHYDRATION
- ENDORPHINS
- ENDURANCE
- ENERGY
- EXERCISE
- FLEXIBILITY
- FREQUENCY
- HEALTH
- HEAT EXHAUSTION

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



- HEAT STROKE
- INTENSITY
- MAX HEART RATE
- MUSCLE
- PROGRESSION
- RESPIRATION
- SPEED
- SPORTS
- STRENGTH
- TARGET HEART RATE
- THRESHOLD
- TIME
- TRAINING

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SOLUTION

