

ANSWER KEY!

Word Search

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

Live Healthy Iowa Exercise Sweat Play
 Jumping Jacks Running Walking Gym
 Wellness Games Fitness Tag

What is Physical Activity?

Physical Activity is any form of intentional movement.

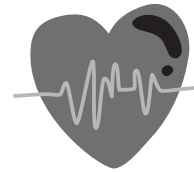
Examples:
 Walking, Biking, Swimming, Gym Class, Sports, Tag, Running, & Many More!

Why is it Important?

It Helps Your...



Brain

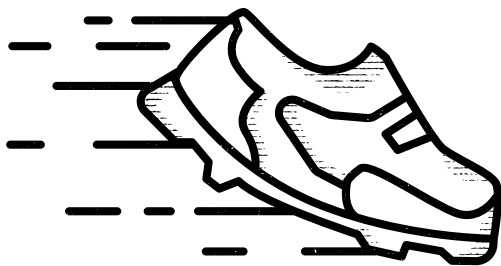


Health

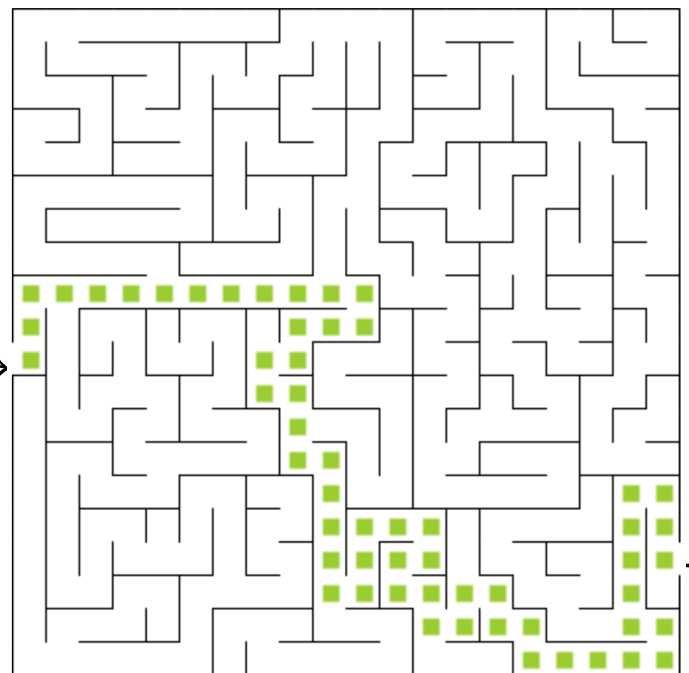


Happiness

Help the Runner Finish the Race!



Un-Scramble the Words



TVEIAC: A C T I V E

HYTHAEL: H E A L T H Y

TOMVEMNE: M O V E M E N T

HALELENGC: C H A L L E N G E