

# Go the Distance May Activity Sheet

## 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 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

## What is Physical Activity?

Physical Activity is any form of intentional movement.

### Examples:

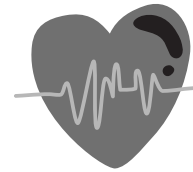
Walking, Biking, Swimming, Gym Class, Sports, Tag, Running, & Many More!

## Why is it Important?

It Helps Your...



Brain



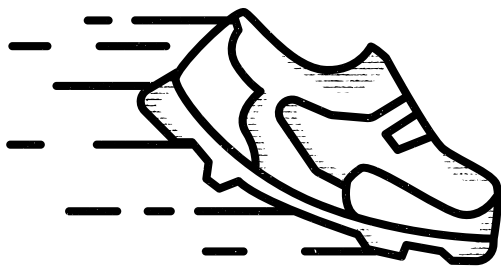
Health



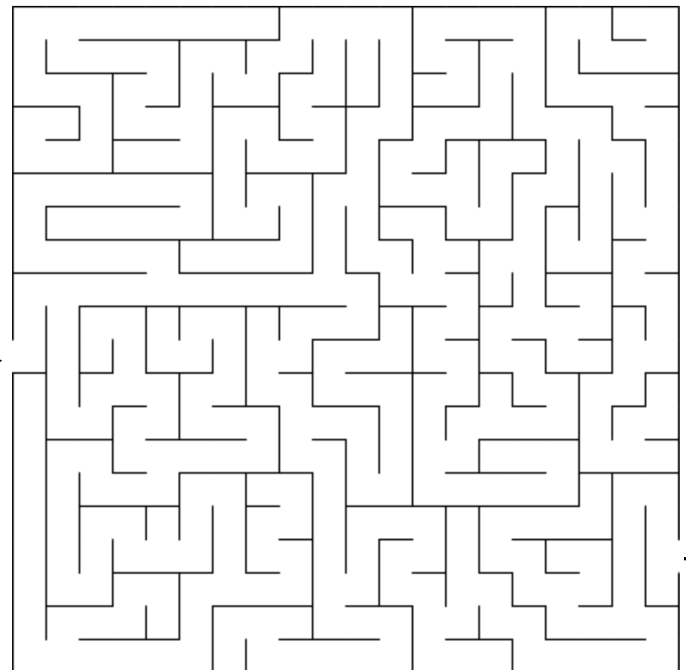
Happiness

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

## Help the Runner Finish the Race!



## Un-Scramble the Words



TVEIAC: \_\_\_\_\_

HYTHAEL: \_\_\_\_\_

TOMVEMNE: \_\_\_\_\_

HALELENGC: \_\_\_\_\_