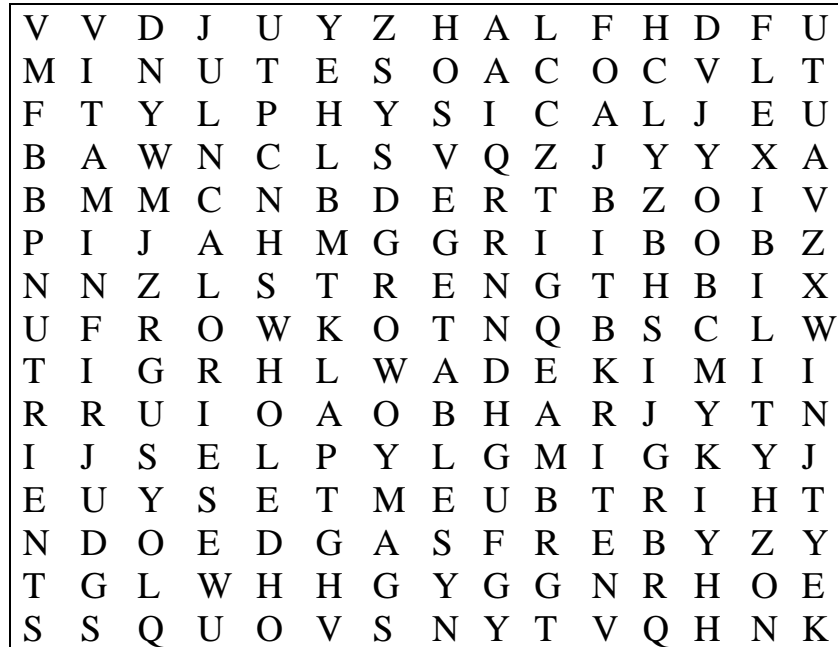


Fitness and Nutrition Word Search



Use the words underlined and bold below for the word search above.

Regular physical activity can produce long term health benefits.

Being physically active can help you sleep well at night.

Being active increases the amount of calories burned.

Balance and stretching activities enhance physical stability and flexibility.

Children and adolescents should do 60 minutes or more of physical activity each day.

Body weight exercises such as push-ups and squats are great examples of strength training.

Make half your plate fruits and vegetables.

Fruits are sources of many essential nutrients.

Vitamin C is important for growth and repair of all body tissues.

Vegetables are important sources of many nutrients, including dietary fiber, vitamin A and C.

Make at least half of your grains whole grains.

Most dairy group choices should be fat free or low fat.

Water helps energize muscles.