## Fitness and Nutrition Word Search

V	V	D	J	U	Y	Z	Н	A	L	F	Н	D	F	U
M	I	N	U	T	E	S	O	A	C	O	$\mathbf{C}$	V	L	T
F	T	Y	L	P	Η	Y	S	I	C	A	L	J	E	U
В	A	W	N	C	L	S	V	Q	Z	J	Y	Y	X	A
В	M	M	C	N	В	D	E	R			Z	O	I	V
P	I	J	A	H	M	G	G	R	I	I	В	O	В	$\mathbf{Z}$
N	N	Z	L	S	T	R	E	N	G	T	Η	В	I	X
U	F	R	O	W	K	O	T	N	Q	В	S	C	L	W
T	I	G	R	H	L	W	A	D	E	K	I	M	I	I
R	R	U	I	O	A	O	В	Η	A	R	J	Y	T	N
I	J	S	E	L	P	Y	L	G	M	I	G	K	Y	J
E	U	Y	S	E	T	M	E	U	В	T	R	I	H	T
N	D	O	E	D	G	A	S	F	R	E	В	Y	Z	Y
T	G	L	W	Н	Η	G	Y	G	G	N	R	Η	O	E
S	S	Q	U	O	V	S	N	Y	T	V	Q	Н	N	K

## 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 **<u>calories</u>** 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.

<u>Vitamin</u> 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.

Source: <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>