



Name _____

Hiking Benefits Word Search

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



Fitness
 Focus
 Relaxation
 Cardio
 Strength

Endurance
 Balance
 Mindfulness
 Exploration
 Freedom

Resilience
 Peace
 Achievement
 Joy
 Clarity