



Name _____

Gym Health Benefits Word Search

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

Metabolism
 Circulation
 Immunity
 Oxygenation
 Endorphins

Strength
 Stamina
 Agility
 Coordination
 Longevity

Posture
 Mobility
 Energy
 Wellbeing
 Alertness

