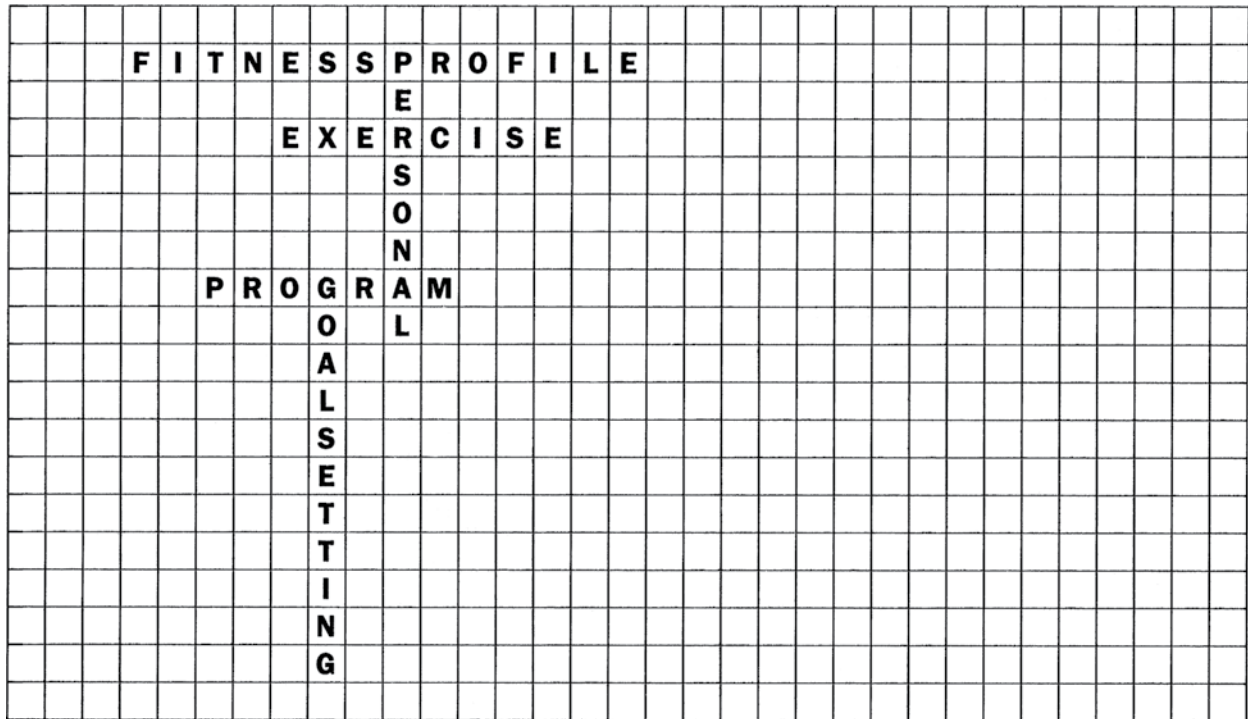




PERSONAL EXERCISE WORD PUZZLE

Name _____ Date _____

In the space at the bottom of the page, list words that relate to a personal exercise program. Then add those words to the puzzle at the top of the page. Place one letter in each box, building a puzzle that resembles a crossword puzzle. Add as many words as possible.



Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

List your words here:

Activity 10.2 Personal Exercise Word Puzzle

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin, K. McConnell, and D. Dale, 2005, *Fitness for life teacher resources and materials*, 5th ed. (Champaign, IL: Human Kinetics).