



## FLEXIBILITY WORD SEARCH WORKSHEET

Name \_\_\_\_\_ Date \_\_\_\_\_

Directions: Write the 12 benefits of flexibility in the blank by each number in order, 1-12. The numbers in parentheses indicate which words within the benefits you just wrote down are hidden within the puzzle. These are the words that you will look for in the word search. Words are written forward, backward, up, down, and diagonally. The first benefit's word puzzle is solved for you.

- |     | 1                                                        | 2 | 3 | 4 | 5 | 6 |           |
|-----|----------------------------------------------------------|---|---|---|---|---|-----------|
| 1.  | Decreased muscle tension and <b>increased relaxation</b> |   |   |   |   |   | (5, 6)    |
| 2.  | _____                                                    |   |   |   |   |   | (2, 3, 4) |
| 3.  | _____                                                    |   |   |   |   |   | (1, 2)    |
| 4.  | _____                                                    |   |   |   |   |   | (1, 4)    |
| 5.  | _____                                                    |   |   |   |   |   | (1, 4)    |
| 6.  | _____                                                    |   |   |   |   |   | (2, 3)    |
| 7.  | _____                                                    |   |   |   |   |   | (1, 2)    |
| 8.  | _____                                                    |   |   |   |   |   | (1, 4)    |
| 9.  | _____                                                    |   |   |   |   |   | (1, 3)    |
| 10. | _____                                                    |   |   |   |   |   | (3, 4, 5) |
| 11. | _____                                                    |   |   |   |   |   | (1, 3)    |
| 12. | _____                                                    |   |   |   |   |   | (1, 2)    |

## FLEXIBILITY WORD SEARCH WORKSHEET *(continued)*

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