



FLEXIBILITY WORD SEARCH ANSWER KEY

Directions: Write the 12 benefits of flexibility in the correct spaces. The first benefit from the puzzle is written next to the number 1 on this page. The numbers in parentheses are the words that you will look for in the word search. Words are written forward, backward, up, down, and diagonally.

1. Decreased muscle tension and **increased relaxation** (5, 6)
2. Greater **ease of movement** (2, 3, 4)
3. **Improved coordination** (1, 2)
4. **Increased** range of **motion** (1, 4)
5. **Reduced** risk of **injury** (1, 4)
6. Better **body awareness** and postural alignment (2, 3)
7. **Improved circulation** and air exchange (1, 2)
8. **Smoother** and easier **contractions** (1, 4)
9. **Decreased** muscle **soreness** (1, 3)
10. Prevention of **low-back pain** and other spinal problems (3, 4, 5)
11. **Improved** personal **appearance** and self-image (1, 3)
12. **Improved development** and maintenance of motor skills (1, 2)

FLEXIBILITY WORD SEARCH ANSWER KEY *(continued)*

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