There are many ways to be physically active...and many of those ways are lots of fun!
Be sure to wear proper safety equipment when you are physically active, like helmets.
You can be physically active indoors or outside!
It is important to get plenty of sleep so you are healthy and stay fit!
Circle the Words

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

BASEBALL  SOCCER  HOCKEY
BICYCLE  RUNNING  GOLF
FUN  TENNIS  SWIMMING
Find your way to the drinking fountain.
Find your way to the drinking fountain.
Find your way to the drinking fountain.
Find your way to the drinking fountain.
Find your way to the drinking fountain.