



## Searching for Physical Activity Benefits

There are many benefits of regular physical activity. Some are more visible than others. Some benefits take longer to attain than others. You can get benefits with even moderate levels of physical activity. But in nearly all cases, the benefits will disappear if you do not stay active!

Search for the words that describe physical activity benefits hidden in straight or diagonal lines - backward or forward. The words are given below. Look only for the underlined words.

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

### Physical Activity Benefits

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1. Self- <u>confidence</u> booster | 6. Healthy <u>heart</u>               |
| 2. <u>Energizes</u>                | 7. <u>Sleep</u> soundly               |
| 3. <u>Mood</u> makeover            | 8. Controls <u>cholesterol</u>        |
| 4. Helps <u>hypertension</u>       | 9. Better <u>blood sugar</u>          |
| 5. Waist <u>watcher</u>            | 10. <u>Longer</u> lasting <u>life</u> |

**Extra Words:** (Find these six words in the search)

goals	happiness	support
reward	health	active



## Physical Activity Benefits Word Find Answers

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