Stay Active, Stay Strong!

A Word Search from Keka Rehab Services

Name: _____ Date: _____

Words go across or down. Good luck, and have fun!

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

Find these words:

ACTIVE
BALANCE
ENERGY
FRESH
FRIEND
GARDEN
HAPPY
HEALTH
MUSCLE
POSTURE
STRETCH
STRONG
THERAPY
WALKING
WATER

Words to Know

What the words mean - and how they help you keep moving.

ACTIVE - Up and moving through the day, not sitting still for hours.

BALANCE - Your body's steadiness. Gentle practice each day helps you stay sure on your feet.

ENERGY - The pep you feel for doing things. Moving builds more of it.

FRESH - Like fresh air and fresh food. Time outside lifts your mood.

FRIEND - Someone who cares about you. Friends make walks more fun.

GARDEN - A place where plants grow. Tending one is gentle exercise.

HAPPY - Feeling glad. Moving your body often helps lift your spirits.

HEALTH - Your overall well-being. Small daily habits help protect it.

MUSCLE - The body tissue that moves you. Using muscles keeps them strong.

POSTURE - How you hold your body. Standing tall eases strain on your back.

STRETCH - Gently lengthening muscles. It keeps you loose and moving well.

STRONG - Having power in your body. Strong legs make daily tasks easier.

THERAPY - Care to help you heal and move better - physical therapy.

WALKING - Going on foot, at your own pace. Gentle everyday exercise.

WATER - Your body needs it daily. It helps muscles and joints work.

Three habits that keep you moving

1. Move a little every day. Even a short walk counts. Small steps add up to real strength.

2. Take breaks from sitting. Stand up and move around a little every hour or so.

3. Speak up about pain. Tell your therapist what hurts. Most aches are easier to fix early.

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A Word Search from Keka Rehab Services - ANSWER KEY

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

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