

Word Search

Immediate, Short-Term, Long-Term Effects (Exercise)

Words to Find:

ENDURANCE
FLEXIBILITY
HYDRATION
CALORIES
WELLBEING

STAMINA
STRENGTH
RESPIRATORY
OXYGENATION
INJURIES

CARDIO
METABOLISM
ADRENALINE
POSTURE
RECOVERY

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



Discover more wordsearches online...
[SCHOOLWORDSEARCH.COM](https://www.schoolwordsearch.com)

