

## Word Search

# Recovery Process from Vigorous Exercise

Words to Find:

HYDRATION  
RESTORATION  
RELAXATION  
ICEBATH  
HEALING

STRETCHING  
REFUELING  
REPAIRING  
FOAMROLL  
RECUPERATE

PROTEIN  
REHYDRATE  
RESTING  
COMPRESSION  
WELLBEING

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



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