

## Word Search

# Warm-Up and Cool-Down Procedures

Words to Find:

STRETCHING  
HYDRATION  
RELAXATION  
LOOSENING  
GRADUAL

JOGGING  
BREATHING  
CARDIO  
PREPARING  
HEART RATE

FLEXIBILITY  
POSTURE  
STAMINA  
CALMING  
INJURY

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



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