

Word Search

Get Up and Move

We challenge you to complete this standing up!

NATIONAL
GET FIT
DON'T SIT DAY
GET UP & MOVE!
MAY 4, 2016

American Diabetes Association

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

MARCH
MOVE
PLANKS
PUSHUPS
SQUATS

STAIRS
STAND
STRETCH
WALK

SOLUTION

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