

Winter Fitness Wordfind

Don't let the cooler weather slow you down! The 18 words hidden in this puzzle pertain to staying active in the winter. Can you find them all?

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



AEROBICS
CROSS COUNTRY
GLOVES
ICE SKATING
INDOORS
LAYERS
SKIING

SNOWSHOES
SNOW SHOVEL
STAIRS
STRETCHING

SWIMMING
TREADMILL
WALKING
WARM UP
WEATHER
WEIGHTS
WIND CHILL