

Name: _____

Date: _____

Dance Daze At Home Challenge #3

h m f l e x i b i l i t y f l q y c
a d i n s d g y s t i s s u e u a a
m p c n s t r a n g e m p s n a l c
s q o z u t r m d p f f n t g d i t
t p l s o t r e o h u m w a t r g i
r x x a t n e a t t e t a t h i n v
i z i n j u r y d c i a a i e c m i
n w g p p l r i b d h o l c n e e t
g g w i k p y e e n l i n t q p n i
o e l a s t i c i t y e n d h s t e
f a v o r i t e p c r f y g v y q s
x e x e r c i s e s e c o n d s l y

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

activities
alignment
elasticity
exercise
favorite
flexibility
hamstring

healthy
injury
lengthen
minute
motion
posture
quadriceps

range
seconds
static
straddle
stretching
tissue