

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Fitness and Nutrition Word Search

Vegetable

Carbohydrates

Vitamins

Minerals

Energy

Power

Flexibility

Endurance

Strength

Sodium

Protein

Hydration

Grains

Metabolism

Water

Fiber

Health

Fruit

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

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