



Get Active!

Below are lots of ways you can build strong muscles and protect your joints!

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

Getting plenty of exercise helps you to have **STRONGER MUSCLES** and helps prevent joint bleeds!



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

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| BIKING | EXERCISE | JOGGING |
| FISHING | PLAYING | SKATEBOARDING |
| FRISBEE | EXPLORE | SNOWBOARDING |
| GOLF | BASEBALL | SOCCER |
| HIKING | BASKETBALL | TENNIS |
| SWIMMING | BOWLING | TRACK |
| DIVING | VOLLEYBALL | FUN |
| HEALTHY | GYMNASTICS | HORSEBACK RIDING |