

Dare2Tri Paralympic-themed Activities



Fitness Word Search

The challenge: Print out the Word Search sheet and use a highlighter, pencil or other utensil to find all of the Paralympic-related words listed below.

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

Jumping Jacks
Squats
Situps
Running
Lunge

Sidebends
Pushups
Arm Jacks
T-Raise
Heart

Movement
Exercise
Fitness
Biceps
Shoulder Press