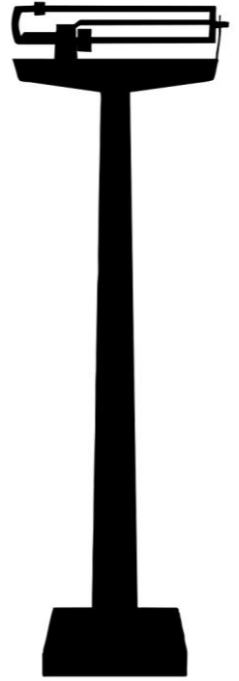


# LOSE WEIGHT

## WORD SEARCH PUZZLE



BEND  
BIKE  
CLUB  
DIET  
EAT  
FAT  
FRUIT  
HEALTH  
JUICE  
POUNDS  
PUSH UP  
RUN  
SALAD  
SKIP  
SPORTS  
STRETCH  
THERAPY  
TRAIN  
YOGA

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

