

## **Across**

2. You don't have to be the next karate kid to enjoy this form of art
3. Tighten that abdominal area and your back by doing this type of training
4. Don't forget about your noggin. Do these to sharpen your mental skills and have fun while doing so
7. Your mind needs a workout too. Combine the mental exercise with a chance to do this activity with your grandkids
11. Who said that you have to workout alone? What's it called when you exercise with more than one person and have an instructor
12. A great practice for defense training, health benefits and another form of meditation
13. Think; aerobic but not on land
15. Time to combine spiritual, mental and physical practices with this activity
16. You can workout from a sitting position just as easily as if you're standing. What is this called?
19. A Slow and steady wins the race, What activity could this be?
20. You don't have to bench press four 40lb weights but even smaller ones can make a great difference for your muscles strength
23. What activity requires a helmet, enclosed shoes and a bit of stamina?
24. We hate doing it, but it has to be done. Summertime is the worst time for this
25. These little guys will keep you on your toes, every time
26. What do we call it when there's lists of things to do around the house?
27. Work on that wrist movement and you'll be creating bowls of fruit any day now
28. This activity was created in the early 20th century, the creator's name is Joseph P. The activity is his last name
29. If you have a furry companion, doing this will keep you conditioned and mentally strong
30. There's no place like the water, especially when doing laps

## **Down**

1. Don't forget you have to fuel your body. What do you have to eat to stay regular, strong and healthy?
5. When you're out in nature for a weekend you're more inclined to do multiple things like hiking and walking
6. If you can't get to the gym, connect to your wifi and do it online
8. This is a great way to relieve tension in your muscles and decrease chances of injury
9. You may not have thought of this but you can exercise your mind using different systems on your TV
10. Sit still, relax and breathe. Doing this will make time stand still and steady your mind
14. Order one of these to get creative by completing pictures, don't worry you'll have plenty to do as there's a lot of pages
17. This can help strengthen your arms and sharpen your observation skills. Big, heavy and it comes in many colors
18. Time to grab some friends, form a line and have some repeated fun
21. Back and forth you go, follow the yellow/green circle until one triumphs over the other
22. The simplest things can enhance your well-being. You might get a little dirty and see a few worms while doing this activity