

Why should I be active?

z	m	g	h	h	f	g	f	q	d	d	i
g	n	o	r	t	s	l	m	r	i	e	z
t	x	f	m	s	e	s	k	z	q	v	c
z	h	k	u	x	i	j	m	j	c	e	j
t	w	g	i	n	h	w	c	o	w	l	e
y	f	b	i	t	p	z	o	h	v	o	i
x	l	l	w	e	s	o	n	u	k	p	m
e	y	o	f	n	w	g	n	d	e	m	d
s	r	m	k	x	a	f	p	j	n	e	l
g	p	m	t	n	a	o	s	g	u	n	f
e	o	t	p	r	r	d	s	u	m	t	a
h	a	p	p	y	l	e	l	c	m	d	m
s	e	o	j	w	p	v	h	b	i	j	w
h	u	d	v	x	a	j	l	l	k	o	e

In the wordsearch find the words in **BOLD CAPITALS**

Being active makes bones and joints **STRONG**

It makes muscles stronger and more **FLEXIBLE**

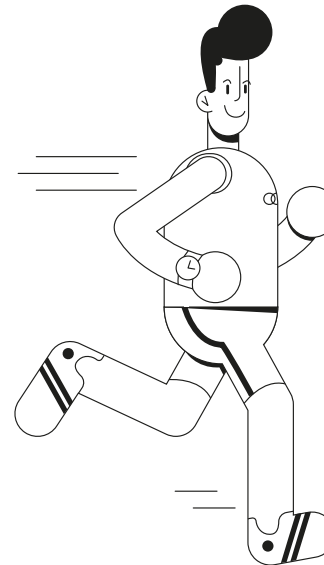
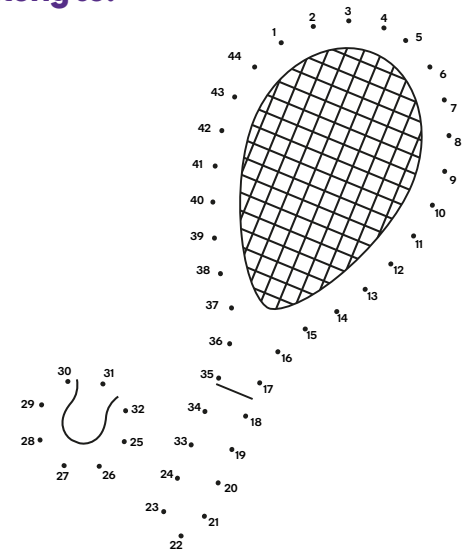
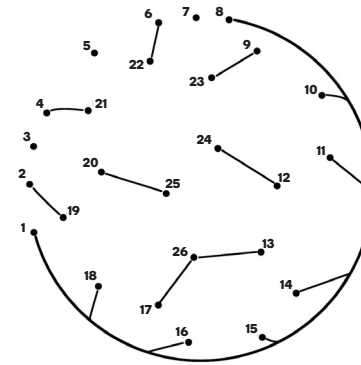
It's **FUN** and helps keep you **HAPPY**

It promotes a healthy body **WEIGHT**

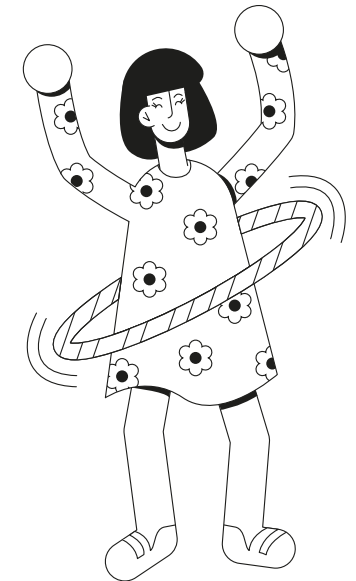
It improves your **IMMUNE** system (makes you less likely to get poorly)

It is part of healthy **GROWTH**

Join the dots to see which sports these pieces of equipment belong to!



Colour us in!



For further information please email healthyheart@heartresearch.org.uk or visit heartresearch.org.uk

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