Wellness IN the Rockies Messages

1) Enjoy being ACTIVE every DAY!
   1 - 3 - 16 - 8 - 18 - 5         4 - 1 - 19

2) ACTIVE and VALUE every BODY,
   1 - 3 - 5 - 14 - 16     18 - 1 - 11 - 17 - 5     2 - 13 - 4 - 19

   whatever size or shape.

3) ENJOY EATING all kinds of food.
   5 - 12 - 19 - 13 - 16     5 - 1 - 16 - 8 - 12 - 6

4) You are ONE of a kind! THINK about what
   makes you SPecial.
   13 - 12 - 5                  16 - 7 - 8 - 12 - 10

   15 - 14 - 5 - 3 - 8 - 1 - 11

A = 1   B = 2   C = 3   D = 4   E = 5   G = 6   H = 7
I = 8   J = 9   K = 10  L = 11  N = 12  O = 13  P = 14
S = 15  T = 16  U = 17  V = 18  Y = 19
FRUITS and VEGETABLES
WORD SEARCH

FRUITS
APPLE
BANANA
CANTALOUPE
PEACH
PEAR
RAISINS
RHUBARB
STRAWBERRY

VEGETABLES
AVOCADO
BEET
BROCCOLI
CARROT
CELERY
CORN
PEAS
SPINACH
TOMATO
Can you think of a physical activity for each letter of the alphabet? Be creative!

A aerobics, acrobatics, apple picking
B bowling, biking, ballet, basketball
C canoeing, calisthenics
D dancing, dog walking
E exploring, exercise, elephant bathing
F fly fishing, fencing, football
G gymnastics, golfing, gardening
H hiking, hay stacking, horse shoes, hurdles
I ice skating, ice-hockey
J jogging, jump rope
K kite flying, kayaking, karate
L limbo, logging, leaping
M mowing the lawn, marching, martial arts
N newspaper delivery
O ocean diving, outdoor games
P parachuting, pogo stick
Q quail hunting
R roller skating, roping, rowing, running
S swimming, skiing, sledding
T trampoline jumping, tubing, tennis
U unicycle riding, umpiring
V vacuuming, volleyball
W water skiing, walking, weight lifting
X x-country skiing, xylophone playing
Y yo-yoing, yard cleaning, yoga
Z zebra riding, zoo going
Wellness IN the Rockies

Make as many words as you can using the letters above. For example: nose winter

Additional examples:

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Thank you for completing the puzzles!