

STRENGTH AND BALANCE WORDSEARCH

All the words you are looking for are related to the Super Six exercises. When you find the name of one of the exercises, why not try it out?

You'll find instructions for all the exercises on the next two pages.

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

1. SIT TO STAND
2. HEEL RAISES
3. TOE RAISES
4. ONE LEG STAND
5. BALANCE
6. STRENGTH
7. FLEXIBILITY
8. HEALTH
9. WELLBEING
10. MUSCLES
11. RELAX
12. SEATED MARCH
13. SHOULDER CIRCLE
14. WATER

At GreaterSport, we are passionate about changing lives through physical activity. If you want support in how to become more active, you can contact us by phone: 0161 223 1002, Email: office@greatersport.co.uk or Twitter: [@GreaterSport](https://twitter.com/GreaterSport)