

# Lift-Off!'s Fitness Double Puzzle!

Unscramble each of the clue words that describe ways you can exercise every day! Copy the letters in the numbered cells to other cells with the same number to uncover my secret message!

*The Fun Never Ends!*



GOJ

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8

BIIGNK

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1

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11    4

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3            7                    12

PUJM REOP

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5

LAWK HET OGD

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2

LAYP AGT

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6

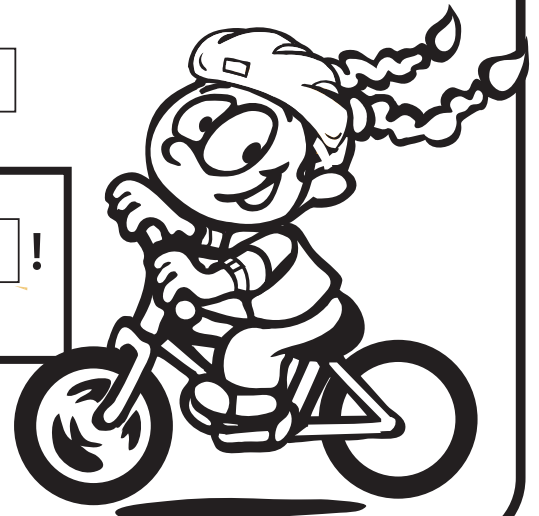
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10    9

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Answer Key: Jog, Biking, Roller Blading, Swimming, Jump Rope, Walk the Dog, Play Tag, Be Active  
 Secret Message: Now Get Moving!