

# Lift-Off!'s Blanks & Blocks!

Below are some fun and fit activities you can do to keep yourself in shape. But one word is missing from each of them! See if you can figure out which words are missing. Then use those words to fill in the cross-word puzzle below! See the hint next to the activity to figure out where to put the word in the puzzle!



1. Push-\_\_\_\_ (3 letters; 3 Across)
2. Jump \_\_\_\_ (4 letters; 7 Down)
3. Foot\_\_\_\_ (4 letters; 5 Across)
4. \_\_\_\_ming (4 letters; 10 Down)
5. \_\_\_\_ning (3 letters; 1 Down)
6. \_\_\_\_\_ Jacks (7 letters; 12 Across)
7. \_\_\_\_-Ups (3 letters; 4 Down)
8. \_\_\_\_\_ball (6 letters; 2 Down)
9. \_\_\_\_scotch (3 letters; 8 Down)
10. "Duck Duck \_\_\_\_" (5 letters; 9 Across)
11. Field & \_\_\_\_ (5 letters; 6 Across)
12. \_\_\_\_ging (3 letters; 11 Down)

