

Name: _____

Strength Exercises

Part 1 Directions: Write sentences using these words from the story “Strong Signals” (page 26).

1. cardiovascular _____

2. core _____

3. determined _____

4. flexibility _____

5. ligaments _____

6. pediatrician _____

7. qualified _____

8. resistance _____

Part 2

Directions:

Find each of the words from Part 1 in this word search.

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