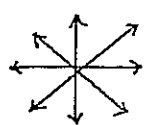


Exercise Escape



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

Find and circle these words in the puzzle above.

predictable
 circulation
 increasing
 alternate
 designed
 stamina
 benefit
 laps

conditioning
 resistance
 consistent
 defensive
 reaction
 aerobics
 routine
 stress

yield
 fit
 efficiently
 anticipate
 challenge
 strides
 relieve
 oxygen