

DFC WORD SEARCH

Find 10 words related to the exercises.

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

HEALTHY	FITNESS	BOWLING	CANOEING
CHAMPION	CRICKET	EQUIPMENT	FENCING
FRISBEE	WETSUIT	MARATHON	KAYAK
OLYMPICS	PAINTBALL	ICE RINK	PLAYER
SAIL	SNOWBOARD	JUDO	UNICYCLE

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV