Get Out and Celebrate at A Park Near You

VDH Family Health & Fitness Day Word Search

Did you know that the second Saturday in June is Family Health & Fitness Day? It’s a great day to spend time with those you love and participate in a healthy activity. The goal of the annual day, according to the National Recreation and Park Association, is to “discover, embrace and share the power of parks and recreation in promoting family health and wellbeing.”

This year, the day falls on Saturday, June 10. Parks are great places to hike, canoe, ride a bike, play on a playground, and so much more.

Activity: To help get you started, we’ve hidden some words associated with parks and recreation in the puzzle below. Print the page out and find the words, hidden forward, backward and diagonally.

Enjoy the day, don’t forget your sunscreen, and use caution outdoors if the wildfires from Canada continue to affect Virginia!

The adventure begins on the next page!
Biking  Canoeing  Hiking  Sports
Canoeing  Nature  Sunscreen
Exploring trails  Picnic  Swimming
Exploring trails  Playground  Walking
Fishing  Rollingblading  Yoga
Healthy Snacks  Picnic  Playground
Swimming  Walking  Yoga
Answers are on the next page!