

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!**

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

Biking
Canoeing
Exploring trails
Fishing
Healthy Snacks

Hiking
Nature
Picnic
Playground
Rollerblading

Sports
Sunscreen
Swimming
Walking
Yoga

Answers are on the next page!

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

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