

## 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!



В	С	Н	1	K	I	N	G	Q	Р	0	J	Н	Т	R	D	F	G	В	Р
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I	Р	R	Q	В	L	V	М	W	Z	Т	0	J	0	L	Т	Е	0	U	Υ
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G	Р	R	Z	М	X	Р	Н	D	Υ	R	Α	U	Α	С	Р	S	N	Т	R
Н	F	W	Р	N	R	W	Е	Υ	С	М	Т	N	V	G	V	X	Е	М	0
Q	D	Α	Р	G	Т	N	S	Т	S	V	W	S	С	D	Р	R	Е	В	U
S	Т	L	L	K	J	R	С	V	В	N	Q	С	E	R	Υ	0	R	Н	N
Р	I	K	0	Т	Р	С	L	K	J	0	Α	R	Х	M	٧	L	С	D	D
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Т	С	G	R	0	N	Р	V	R	Т	K	J	N	S	S	Р	R	U	U	S
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K	J	F	I	S	Н	1"	N	G	Α	L	L	E	0	I	M	I	С	K	S
С	Z	D	F	Р	Υ	U	Р	М	0	Т	D	С	F	X	В	N	Q	W	L
Е	X	Р	L	0	R	I	N	G	Т	R	Α	I	L	S	С	G	Т	Α	V

Biking Canoeing Exploring trails Fishing Healthy Snacks Hiking Nature Picnic Playground Rollerblading

Sports
Sunscreen
Swimming
Walking
Yoga



Answers are on the next page!



В	С	H	I	K	I	N	G	Q	Р	0	J	Н	Т	R	D	F	G	В	P
1	M	N	E	R	С	W	R	Т	F	L	В	Χ	Α	Z	Υ	R	Т	W	L
K	С	Т	В	A	М	Т	Q	Р	Υ	L	Y	S	Υ	R	М	I	S	D	Α
I	Р	R	Q	В	L	V	M	W	Z	Т	0	J	0	L	Т	Ε	0	U	Y
N	В	М	N	R	С	T	С	K	I	N	G	S	W	I	М	M	I	N	G
G	Р	R	Z	М	X	Р	Н	D	Υ	R	Α	U	Α	С	Р	S	N	Т	R
Н	F	W	Р	N	R	W	E	Y	С	М	Т	N	V	G	V	Χ	Е	М	0
Q	D	A	Р	G	Т	N	S	Т	S	V	W	S	С	D	Р	R	Ε	В	U
S	T	L	L	K	J	R	С	V	В	N	Q	С	Ε	R	Y	0	R	Н	N
Р	I	K	0	Т	P	С	L	K	J	0	A	R	X	М	V	L	С	D	D
М	Q	1	С	Υ	1	Н	J	D	Z	Υ	R	С	X	В	N	L	S	R	L
N	Н	N	F	S	С	Т	В	U	R	S	Р	E	K	0	L	E	N	Р	L
Т	С	G	R	0	N	Р	V	R	T	K	J	N	S	S	Р	R	U	U	S
F	Α	Е	Т	N	I	М	F	Н	Z	Q	0	Y	Q	Т	Α	В	S	М	Р
Р	K	V	Χ	R	C	Α	N	0	E	I	N	G	U	I	N	L	F	Р	0
W	Α	L	R	С	Р	K	Α	V	R	М	С	X	Р	N	Н	Α	С	R	R
N	Α	T	U	R	E	L	K	D	S	W	T	Р	N	R	J	D	Р	V	T
K	J	F	1	S	Н	I,	N	G	Α	L	L	Е	0	I	М	1	С	K	S
С	Z	D	F	Р	Y	U	Р	М	0	Т	D	С	F	X	В	N	Q	W	L
E	X	Р	L	0	R		N	G	Т	R	Α	1	L	S	С	G	Т	Α	V

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