



Make Exercise Your Top Resolution for 2019!

Brisk walks are a great way to add some physical activity to your life—and that's only the beginning. Find 20 more exercise ideas hidden in this puzzle.



- FITNESS VIDEO
- GARDENING
- GOLF
- GYM
- MALL WALKS
- PING PONG
- SHUFFLEBOARD
- SWIMMING
- TAI CHI
- TRAINER
- TREADMILL
- WATER AEROBICS
- WEIGHTS
- YOGA

- BALANCE CLASS
- CHAIR EXERCISE
- CYCLING

- DANCING
- DOG WALKING
- EXERGAMING

