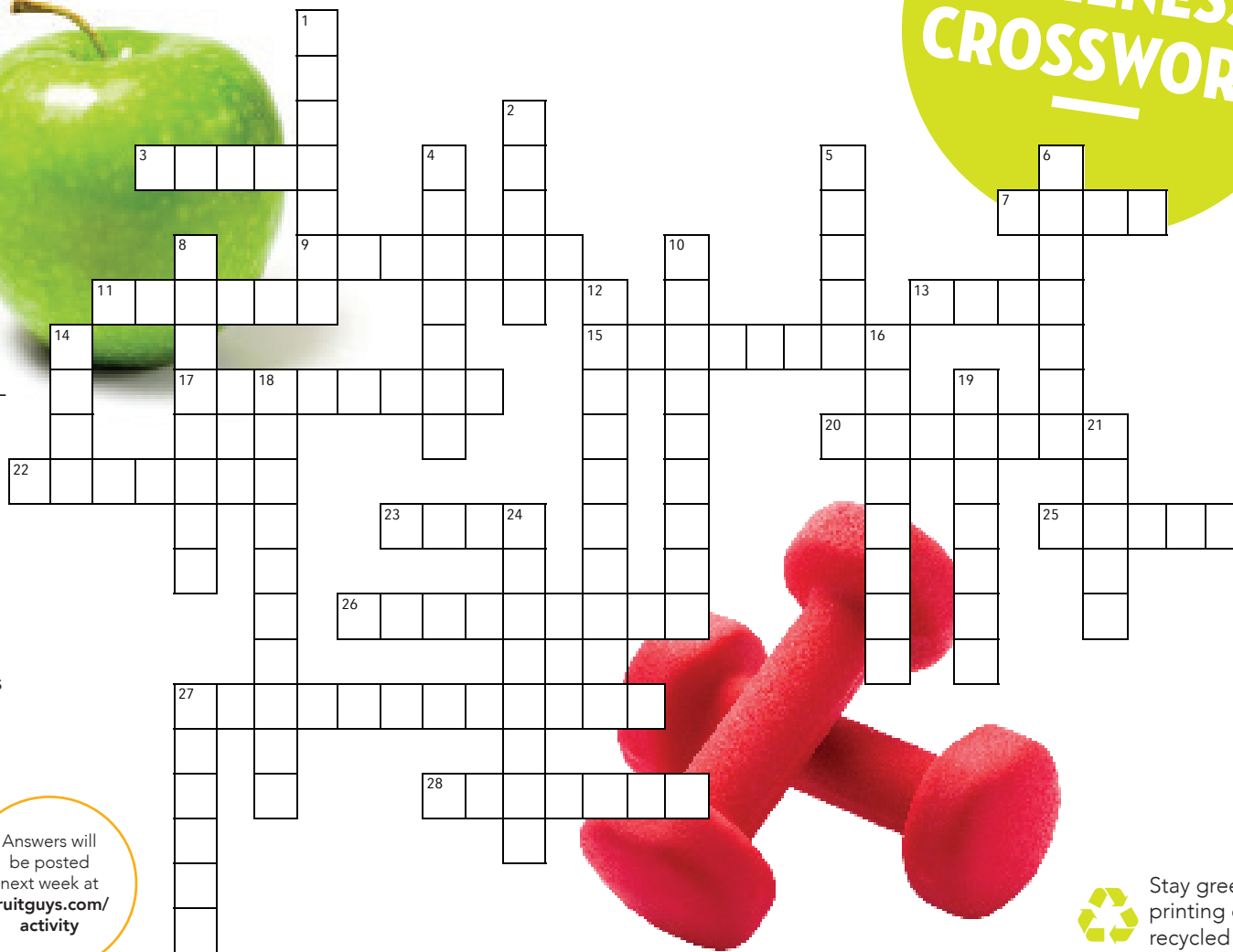
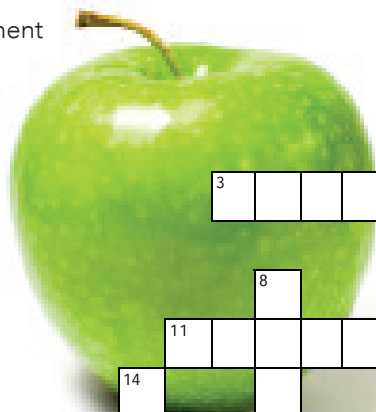


THE FRUITGUYS®



ACROSS

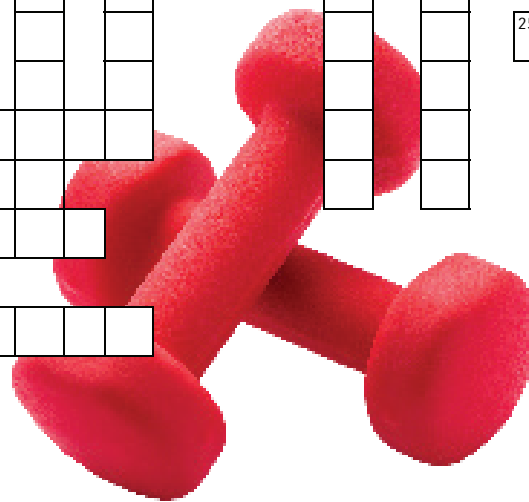
3. A leg-strengthening exercise
7. Breathing + meditation + movement
9. Triathlon part
11. Overall wellbeing
13. How to recover from fatigue
15. The great _____
17. Strengthens heart and lungs
20. Contrology
22. Use these to build muscle
23. What we eat
25. A popular dance workout
26. After plenty of fluids
27. Helps increase stamina
28. "_____ on Empty"



DOWN

1. 7th inning _____
2. Walk the _____
4. Improve this to avoid falling over
5. The best way to achieve 26 across
6. Standing up straight
8. Long-distance race
10. The science of 23 across
12. Listen to "Eye of the Tiger" to feel this
14. What we have in common with an apple
16. Dory said, "Just keep _____"
18. Type of training (against force)
19. "_____ on Sunshine"
21. Toddlers do this with ease
24. Montage theme in 80s movies
27. Exercise to raise your heart rate

Answers will be posted next week at fruitguys.com/activity



Stay green by printing on scrap/ recycled office paper.

4-8-19

