

# PURE FUN ACTIVITIES

# ACTIVE LIFESTYLES

Exercising is so much fun. What are your favorite ways to move your body and stay healthy? Fill in this story with your weird and wacky fitness routine using correct parts of speech.

It makes me feel \_\_\_\_\_ to move my body and exercise. How do I know when I'm exercising?



Easy! I can feel my heart \_\_\_\_\_ My heart is kind of like an engine. It helps



move muscles in my \_\_\_\_\_ and \_\_\_\_\_ so I can \_\_\_\_\_ faster and \_\_\_\_\_



higher. The more I \_\_\_\_\_, the better I feel. When it's sunny, I like to put on my \_\_\_\_\_



and \_\_\_\_\_. Sometimes, I play \_\_\_\_\_ or \_\_\_\_\_ with my \_\_\_\_\_.



When it's raining, I stay inside and \_\_\_\_\_ instead. There are lots of ways to exercise.



Sometimes it's \_\_\_\_\_, like when I \_\_\_\_\_, but most of the time it's \_\_\_\_\_,



like when I \_\_\_\_\_. I can stretch my \_\_\_\_\_, do \_\_\_\_\_ push-ups, or crawl



like a(n) \_\_\_\_\_. When I play, I sweat \_\_\_\_\_, so Dad says I need to drink lots of



\_\_\_\_\_. I like to eat lots of healthy snacks like cucumbers and \_\_\_\_\_. I can't



exercise all the time, so I take breaks and I \_\_\_\_\_ by myself quietly. I make sure to exercise at



least \_\_\_\_\_ minutes every day because it makes me feel \_\_\_\_\_!



Easy	Spider	Quickly	Do Yoga
Big	Toes	Slowly	Dance
Slow	Arms	Strongly	Beating
Humongous	Winter Coat	Daily	Run
Happy	He	Carefully	Do Somersaults
Sixty	Strawberries	Never	Singing
Fun	Running Shoes	Naturally	Cried
Loud	Soccer	Tightly	Jump
Healthy	Legs	Safely	Move

Find the symbols matching the part of speed to fill in the missing words. You can pick an example from the list or make up your own answer - just make sure it's the correct part of speech! Note: you do not have to use all of these words listed.

pure  
flavor

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