

Gentle Chair Exercise Word Search for Seniors & Beginners

11 x 11 word search - Extreme



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

WORDS

CHAIR

EXERCISE

GENTLE

MOBILITY

STRETCH

BALANCE

STRENGTH

FLEXIBILITY

ARMS

LEGS

CORE

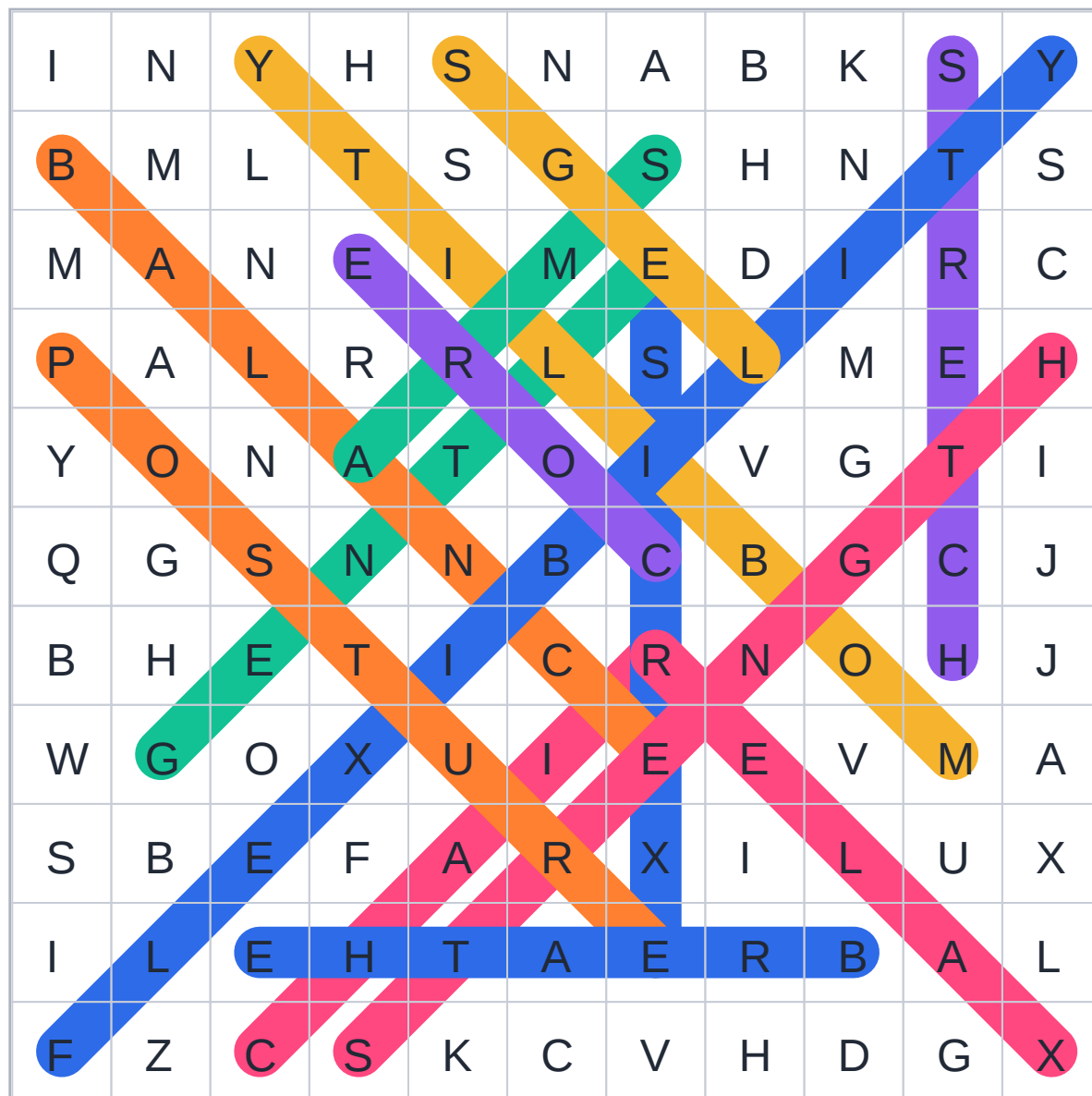
POSTURE

RELAX

BREATHE

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