

Gentle Chair Exercise Word Search: Stay Active Seated

13 x 13 word search - Hard



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

WORDS

CHAIR

GENTLE

EXERCISE

STRETCH

MOBILITY

BALANCE

SEATED

FITNESS

SENIORS

HEALTH

POSTURE

MUSCLES

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MOBILITY
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