

Gentle Chair Exercise Word Search for Seniors & Beginners

13 x 13 word search - Extreme



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

WORDS

CHAIR
EXERCISE
GENTLE
SEATED
MOTION
STRETCH
FLEXIBILITY
BALANCE
STRENGTH
MOBILITY
ARMS
LEGS
CORE
POSTURE

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

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