Finding Physical Fitness

Understanding the words in this puzzle will be your first step to better physical fitness, so get hopping and find these words!

aerobic	bone marrow	metabolism	osteoporosis
exercise	calories	musculoskeletal system	flexibility
joint	carbohydrates	nutrients	endurance
muscles	ligaments	Basal Metabolic Rate	strength
stress	macronutrients	proteins	resistive exercise

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