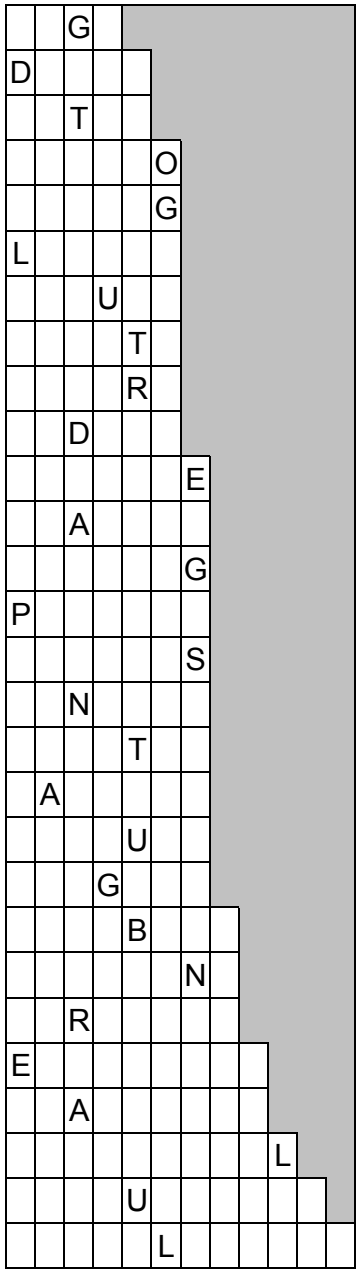
EXERCISE!

Method of exercise intended to develop control of body and mind
Moving to the music, either as a group or improvised
Avoid dehydration with lots of __
Abbreviated term relating to the heart and the exercise of it
A walk in the woods or up the side of a mountain
Sudden forward movements that exercise the legs
Lay on your back and touch your elbows to your knees
Remain upright while bending and extending your legs
Taking the __ instead of the elevator can be good exercise
Some fitness experts make __ of their routines for sale
Stationary, mountain or touring versions
Good for learning new techniques or just exercising in a group
Not quite as fast as running
Grab a bar and elevate yourself
Drop and give me twenty
Going the distance, alone or in a marathon
__ before and after exercise to avoid cramps and loosen muscles
Probably the simplest form or exercise
It's good to do some __-__ before starting heavy exercise
Using physical mass to build muscle mass
Any sustained exercise for improving circulation and respiration
Aquatic exercise
Even weeding, mowing, or other __ __ can be exercise
You can buy specialized exercise __ or go to a gym to use it
Monitoring your __ __ will help keep you from overdoing it
Roundball sport that exercises arms and legs
Fast paced game with a blue ball and four walls
You'll need a rope, carabiners, belaying equipment and lessons



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

Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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