

An ALPHABET FITNESS PUZZLE™ SHAPE UP CHALLENGE!

for educators/ parents

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Fill in today's puzzle rhymes!

Fruits & Veggies

DOWN

1. Rhymes with cabana

ACROSS

2. Rhymes with Snapple

3. Rhymes with fair

4. Rhymes with please

INSTRUCTIONS:

1. **COPY** or **PRINT OUT** this puzzle
2. **Slowly exercise** all 26 of our coaches' letters with your **own** body
<https://alphabetfitness.wordpress.com/fitness-coach-font/>
3. **Fill in** answers to puzzle in pencil
4. **EXERCISE** each of the puzzle's words with our agile alphabet coaches!

ANSWERS

1. BANANA
2. APPLE
3. PEAR
4. PEAS

