

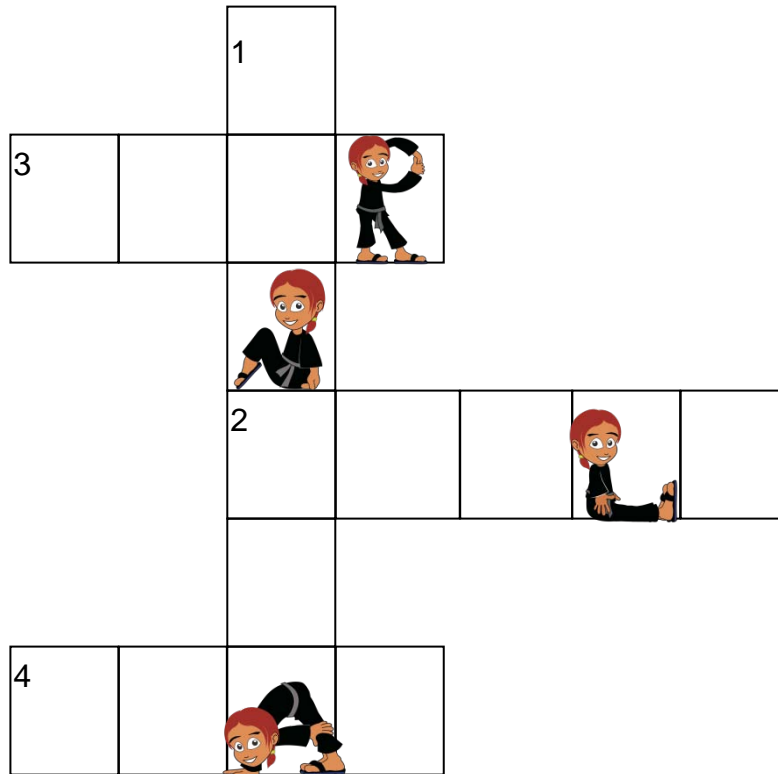
# World's 1<sup>ST</sup> FITNESS PUZZLE FOR GIRLS!

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Fill in today's  
puzzle rhymes!



Miss Spells®



## Fruits & Veggies

### DOWN

1. Rhymes with cabana

### ACROSS

2. Rhymes with Snapple
3. Rhymes with fair
4. Rhymes with please

### INSTRUCTIONS:

1. **PRINT OUT** this puzzle
2. **Slowly practice exercising** all 26 of Miss Spell's letters with your **own** body  
<http://alphabetfitness.wordpress.com/miss-spells/>
3. **FILL IN** answers to puzzle in pencil.
4. **EXERCISE** each of the puzzle's words with your new Alphabet Puzzle Pals!

### ANSWERS

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

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

