WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: First, read the list of words, then look at the puzzle. The words are found in all directions - vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike it off the list. The letters are often used more than once so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues you'll have a number of letters left over that spell out the WONDERWORD. To see the answer use the link below the puzzle.

NIA EXERCISES

Solution: 7 letters

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

Active, Adult, Aerobic, Ages, Balance, Bending, Benefits, Boast, Body, Cardiovascular, Child, Choreography, Dance, Efficiency, Energy, Exciting, Fluid, Growth, Health, Heart, Kicks, Lessons, Mind, Movements, Moves, Music, Peace, Programs, Rhythm, Routine, Safety, Shape, Slow, Soul, Stepwise, Stress, Stretch, Sway, Toning, Trend, Trim, Walk, Yoga