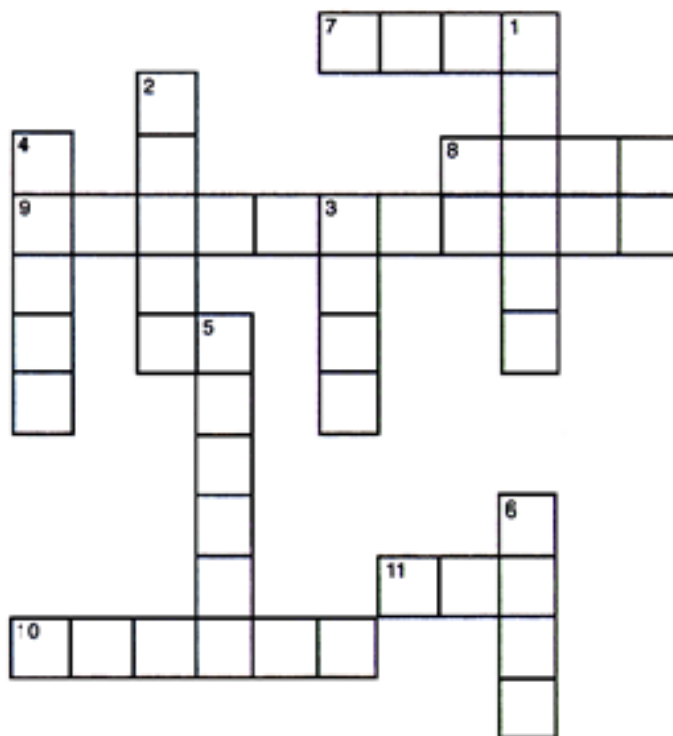


Youth Health Lesson Series
Stretch It Out
Handout

Stretching Sense

Test what you know about stretching and flexibility by filling in the crossword puzzle!



Down

1. Stretching improves a joint's range of _____.
2. The Chicken Wings stretch stretches this part of your body.
3. The Bear Hug stretch stretches this part of your body.
4. You can stretch _____ your physical activity.
5. Don't do this when you hold a stretch.
6. _____ is an activity that involves stretching and flexibility.

Across

7. Your muscles should be _____ before you stretch them.
8. If the stretch hurts, _____!
9. This is an important part of all physical activity programs.
10. Stretching can help to relieve _____.
11. You should stretch at least this many times a week.

Check your answers on the back of this page!