

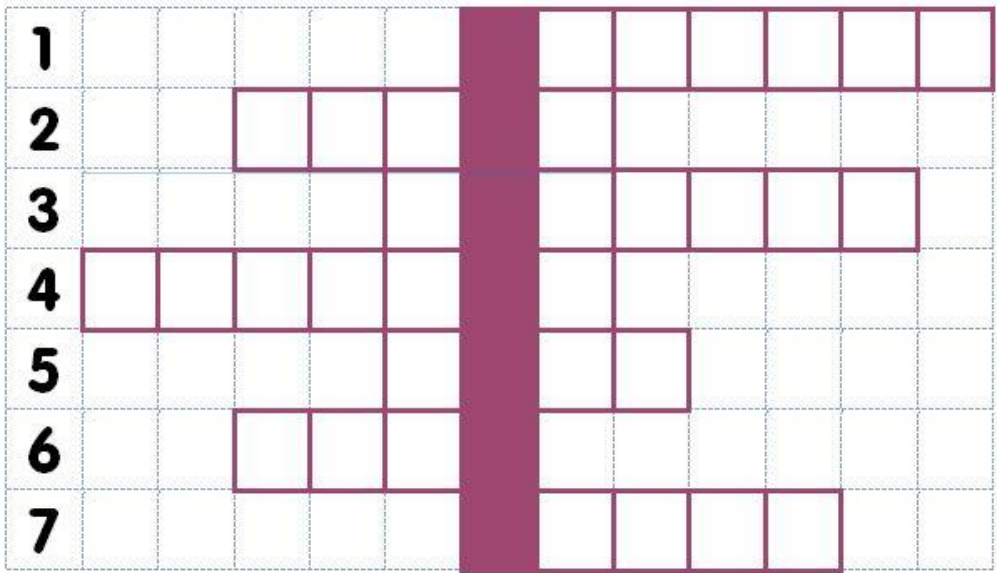


# Charlie Fitness Crossword

Send to:  
Cheer Chick Charlie  
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Or email to:  
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Name: \_\_\_\_\_  
Age: \_\_\_\_\_

Address: \_\_\_\_\_



[www.CheerChickCharlie.com](http://www.CheerChickCharlie.com)

The answers to the clues fit inside the purple boxes against the corresponding row number. The letters in the solid purple boxes reveal Charlie's secret word! If you're finding it tricky to finish this crossword, then watch the "Fitness for Children" episode on our website or YouTube channel to get some clues!

- Charlie likes to exercise with her \_\_\_\_\_
- In order to get really fit you'll need to \_\_\_\_\_
- It's important to do this before and after exercise.
- To help exercise your arms you can do cheer \_\_\_\_\_
- Doing lunges, squats and chair sits will help you exercise your \_\_\_\_\_
- Cheer motions will help to exercise your \_\_\_\_\_
- To help exercise your legs you can do a \_\_\_\_\_

The letters in the long shaded purple box reveal Charlie's secret word 😊