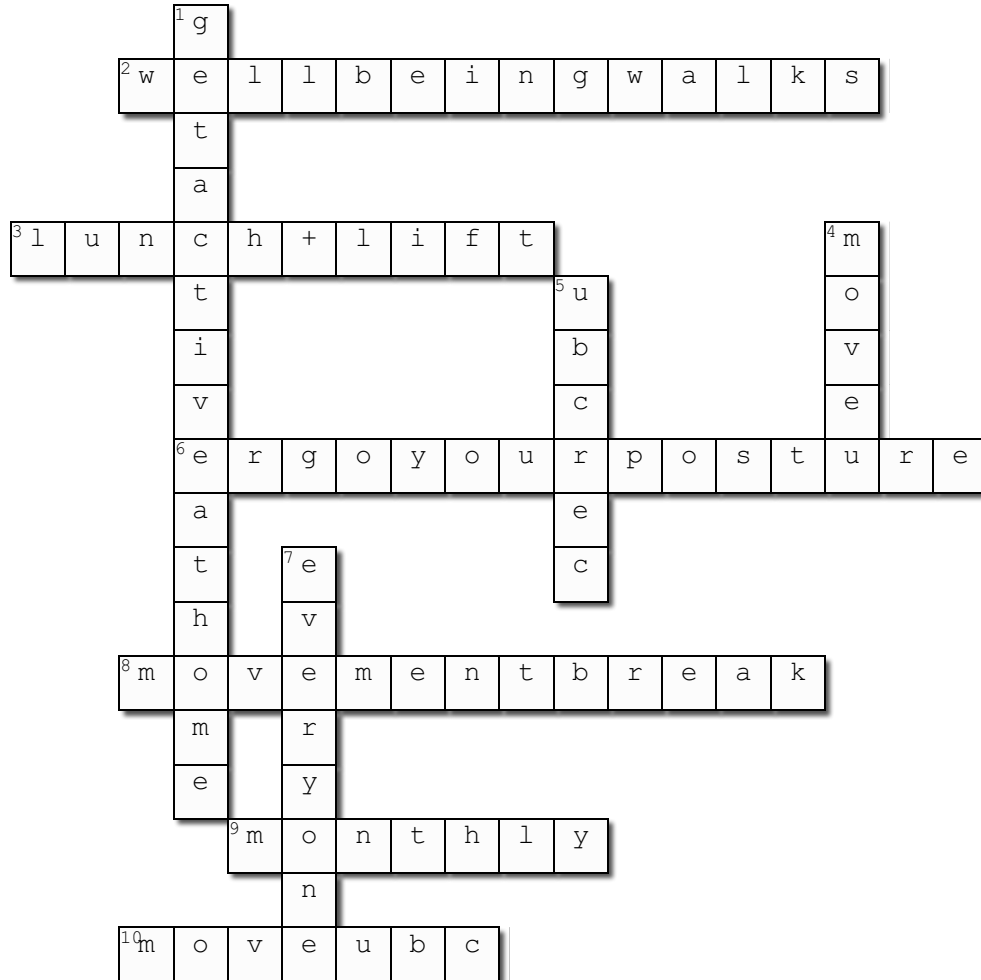


Name: \_\_\_\_\_

# Get Active with UBC REC

Complete the crossword puzzle below Remember to not put any spaces between words!



Created using the Crossword Maker on TheTeachersCorner.net

## Across

2. Free 45 minute guided walks every Thursdays at 11:30am (**wellbeingwalks**)
3. Name of workout session consisting of a movement class followed by an interactive wellbeing session (hint: there's a +) (**lunch+lift**)
6. A 15-minute zoom session every Wednesday morning at 10am led by UBC HR, UBC Rec and Allan McGavin to improve posture (**ergoyourposture**)
8. Quick low-barrier 5-10 minute active session(s) offered on Instagram Live (**movementbreak**)
9. How often do Instagram challenges occur for chances to win cool swag? (**monthly**)
10. Big movement campaign in February (**moveubc**)

## Down

1. A place to find quick fun reads, movement breaks, fitness classes, and more online (**getactiveathome**)
4. Crew name of your UBC 'movement specialists' (hint: \_ \_ \_ \_ \_ Crew) (**moveu**)
5. Instagram, Youtube, and Twitter Handle (**ubcrec**)
7. Who can be active? (hint: synonym to everybody) (**everyone**)