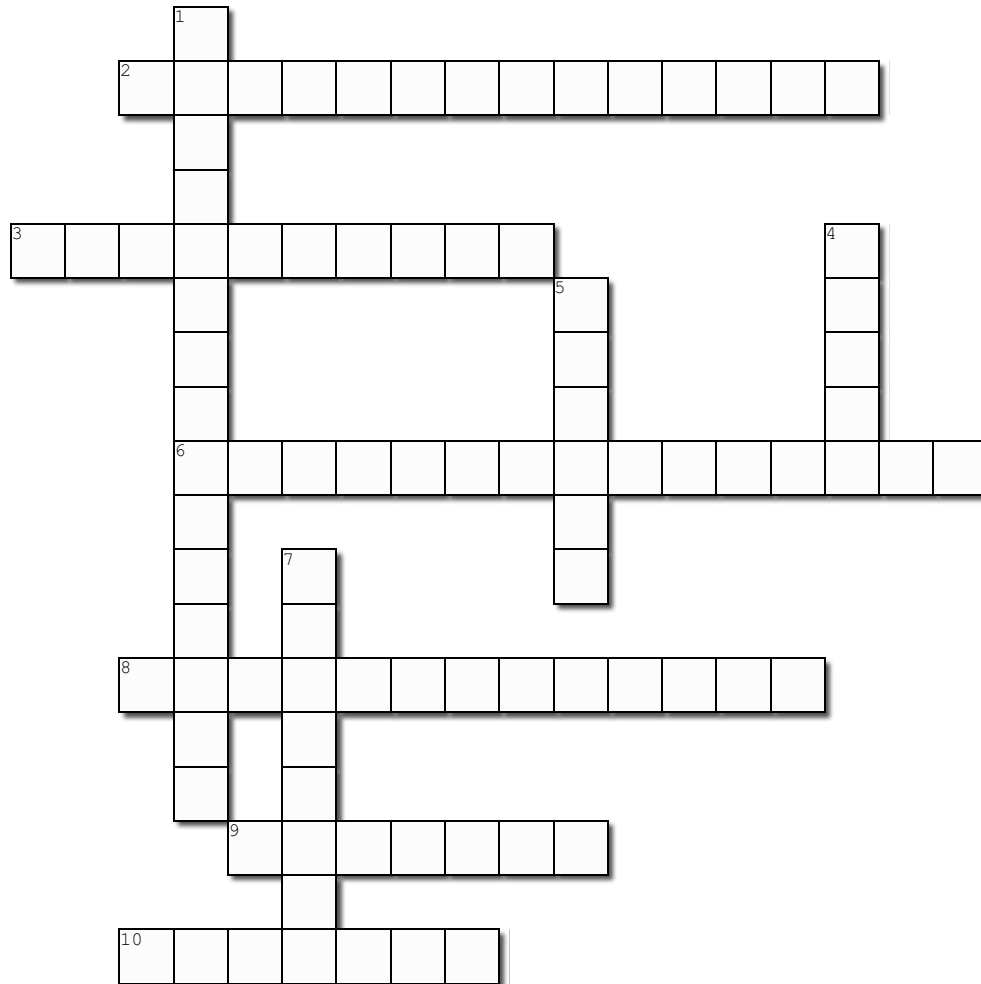


Name: _____

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

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

Down

- A place to find quick fun reads, movement breaks, fitness classes, and more online
- Crew name of your UBC 'movement specialists' (hint: _ _ _ _ _ Crew)
- Instagram, Youtube, and Twitter Handle
- Who can be active? (hint: synonym to everybody)