

# Bonus Sheet 1

NILAGWK

7	2	32				38

PTSES

	9	23	14	24

REGNOO RIALT

12			20	4			21	39	30	18

LISME

3		15		

MATE

29	26	40	6

EEMEPODTR

27	16		10	13		17		36	

GODO HATHEL

35	37					22	8	31	25	

CEIIVNETN

33	34	11		19		1			

TIESNFS

	28		5				

1	2	3	4	5	6	y	7	8	y	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	U	14	7	30	31	32	33	34	35	14	36	37	38	39	40	3			

Unscramble the clue words. Copy the letters in the numbered cells to other cells with the same number.

**Multiple Choice:**

- The Oregon Trail is roughly \_\_\_\_\_ miles long.  
 A. 1500    B. 2000    C. 3200
- How many states does the Oregon Trail go through today?  
 A. 18    B. 29    C. 7
- Wagons on the Oregon Trail averaged 100 miles per week. At this rate it would take \_\_\_\_ months to reach Oregon City?  
 A. 5    B. 12    C. 2
- ACSM recommends this type of flexibility training:  
 A. Static (held) stretches    B. Ballistic (bouncing) stretches    C. stretch pants
- ACSM recommends physical activity \_\_\_\_\_ days a week.  
 A. 2    B. 1    C. 7

## Bonus Sheet 2

S A 2 Y I Y A C X S S V R S N Y N R A E K T R O F S W E  
R P D I I P S N O H T X T U O H P Q T E U Q H I L U 3 Y  
E Z N S Q H H L X O E E H X R S G N R A A F L N X R I M  
T T A R I C H Z F S P U E T T I S O G F T X B J I G S U  
T H 1 E X H O F A H S I T H H E O T Q O E H T F N I L S  
E A S K S M L Q H O I L H E C C U S I R A L E O O C A R  
G T R L D I L C T N S Q R W O I T O N T M X A R D A N E  
O O E A J M O H U E T H E A A T H S D B Y D M T D L D D  
G F T W Y S W I S F E C E L S C P E E R J S B V N S C A  
E F S T Y E S M N A R P S K T A A D P I S T O A A T R E  
H I I E L R U N E L S M T I F R S E E D N E L N N E O R  
T C S E L O S E A L 1 S E E A P S N N G O P T C E P S T  
N E E R I T R Y X S A L P T M Y Y T D E I I G O M P S T  
O U L T F A E R Q U N R S A I L O A E R T N P U O E I N  
I K O S 1 N H O G O D I S L L I M R N I A ' L V W R N I  
S G S H S I T C S X 2 G R K Y M I Y C Z T L A E O S G O  
S C B O E M A K O Y M A E I P A S S E F C I T R W T I P  
I O F T R M E J R G X V K E R F S C R F E V T F T H N I  
M C Q E A A R O E E S I C S A Y I H O U P E E O F E D R  
E P M A M C B T G N R D A Y C T L E C L X L R R X D E T  
E P S M Y J P S O D E E L M T N L D K B E Y I T R A P C  
N E C Q A R E U N I K H S I I U E U Z S H X V L P L E Y  
W D 4 U R K E G C V A T E B C O B L Y T G N E A M L N B  
A Q D A G G D F I A M E H J E C W E K T I Q R R J E D N  
H D S L 3 K E X T S E X T T H E K R W O H N J A U S E B  
S E X I H J H I Y L C I V R O K Q S Z C K C O M L H N H  
B F R T X E T H I Q A B F Q O A L P Z S O L C I Q I C X  
C G Z Y C S C V B F P M S C S L E E P W A L K E R S E P

## WORD LIST

3 Gray Mares 1 Filly  
3 Island Crossing  
Ash Hollow  
ATeam  
Bellissimo  
Camminatore  
Chimney Rock  
Fort Bridger  
Fort Kearny  
Fort Laramie  
Fort Vancouver  
Gusto  
High Expectations  
Independence  
Independence Rock

Lake County Family Practice  
MSC 4DS  
MSC Sleep Walkers  
North Coast Family Practice  
Not So Sedentary Schedulers  
Oregon City  
Oxygen Divas  
Pace Makers  
Platte River  
Scotts Bluff  
Shawnee Mission  
Shoshone Falls  
Sole Sisters 1and2  
South Pass  
Stepin' Lively

Step Sisters 1and 2  
Street Walkers  
Surgical Steppers  
Team Bolt  
Team Quality  
That Office  
The Dalles  
The Deep Breathers  
The Diva Girls  
The Go Getters  
The Slackers  
The Three Steps  
The Walkie Talkies  
TriPoint Treaders  
Two Women and Don

True or False:

- 1)  Some physical activity is better than none.
- 2)  Adults should not do any muscle-strengthening activities, as these activities do not provide additional health benefits.
- 3)  Flexibility exercises should not be included in any type of an exercise program.
- 4)  A pair of oxen were primarily used to pull converted farm wagons, called Prairie Schooners.
- 5)  Independence Rock, WY is starting point of the Oregon Trail.