

# Sports Drinks & Physical Activity

Find the hidden words within the grid of letters.

D M H S G U S E W O Q N M P I Q Y J H H M G D S N D U K H J  
S E Z T H C E R N S U U W D Q E T U Y T R K K L P N X X O V  
S R H Z P M C H O U I E L N W I Y F Z P L N M N B X R G D Z  
R V A Y Z B N U Y D V O I M X R T E P Y I E R O F E B T P K  
G I D Y D B U S O Q F O O C X K L O R I X C K S E Z R E E  
D N Y I Z P O S T C F P L E Z O V Y D Z Z N M G P N C U A K  
J T I I E D A H E Z U W O V R R S E L E C T R O L Y T E S  
R V H R C O I T X H L S Z N Q V T Y B Y H N N G X M K J K R  
C W K H U R R A I N P H X S O R C S Y C E X P Q N I I O W O  
S P X S S D G S J O U W I W O N A D G Y A R V W S Q F J Y F  
Y O W T S U N O V U N R K F R J L A E Y X I N H W A Z D E L  
O T Y Z L G S S W Q N H S D W W A P U Q X Y P W E Z Q N U Z  
J A N F Q E P I Q T H J S O C N C R R D O B A V A D I U L F  
K S S C M Z O A X I A O S Y K S A F T E R L K T T H T X S  
O S L F U Q S I B E E S L Q M J S I R E W F F O A Z E G H K  
G K L M B J R O O U Y N O H C Y J L W Z D F L P G B R S V  
V U U E X O W L T K N Y Y B E P H L F X A H I Q V P S X B W  
L M Q G J C O H C G B Z S Q M J P U C L S G G L P I C T D L  
A R Q K X U K E Q P V J Y P S K A E W S B D V K O J D T A R  
L M Y V I W Z G W J L G W G Y H H U L W N H J B O W B A T A

after  
before  
dehydration

during  
electrolytes  
fluid

gulps  
ounces  
physical activity

potassium  
sodium  
sports drinks

sweat  
thirsty  
water