

Puzzle Page

SUDOKU

	7		3					
4	2		5					1
			6					
				8				
	1		2					
		8		3	6			2
	9			8				5
3					2	4	6	
6		2		4		7		

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

FIT FAMILY WORD SEARCH

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

WORDS

ABDOMINALS
 ABDUCTOR
 ACTIVITY
 AEROBIC
 ATROPHY
 BARBELL
 BICYCLING
 BODY FAT
 BURN
 CIRCUIT
 CONTRACTION
 COOL DOWN
 CORE
 DAILY
 DEHYDRATION
 DELTOIDS
 DUMBBELL
 ENDURANCE
 EXTENSION
 FAMILY
 FLEXIBILITY
 GLUTEALS
 HIKING
 ISOMETRIC
 LIFESTYLE
 LIFTING
 LOADED
 POWER
 REPETITION
 RUNNING
 SEDENTARY
 STRETCHING
 TRAINING
 TREADMILL
 WALKING
 WARMUP

Find the words hidden vertically, horizontally & diagonally throughout the puzzle

This week's crossword

1	2	3					4	5	6	7			
8			9				10						
11							12						
13				14			15						
16						17							
18					19	20							
				21				22					
			23				24						
				25			26						
		27				28			29	30	31	32	33
	34								35				
36									37				
38										39			
40											41		
42												43	

CLUES ACROSS

- Engine additive
- Soluble ribonucleic acid
- Subdue
- One long, three short
- Morally bad
- With collapsible shelter
- Central church parts
- Summer shoes
- Intestinal
- Transgressors
- Meeting expectations
- Clutch
- Autonomic nervous system
- What you can repeat immediately after perceiving it
- Favorite summer sandwich
- An accountant certified by the state
- Cologne
- Norma Jean Baker

34. Galaxies

- Bluish greens
- Detected
- Having 3 dimensions
- Made level
- The destroyer (Hindu)
- Uncovered
- Aerie
- Point midway between S and SE

CLUES DOWN

- Having beautiful natural views
- Fanafuti is the capital
- Shrub used for hedges
- Polishing tools
- Slow down
- Christmas carols
- & & &
- Sound of sheep or goat

- A long flag, often tapering
- Atomic #73
- Schilling (abbr.)
- Female sibling
- Long sandwich
- In a way, necessitated
- Mayan people of SW Guatemala
- Cleaned up
- Prohibit
- Upright cupboard
- Cyclone center
- Metric linear units
- Young male
- Securities market
- City across from Dusseldorf
- Animal disease
- Mount of ___ east of Jerusalem
- Get free
- Variable stars
- One point N of NE