



Fitness Mystery

1. Find each of the clues that are located along the inner halls of the school.
2. Perform the activity located on each clue.
3. Open the clue and answer the secret question.
4. Each answer contains a letter or number that can be used to help you answer the final question.
5. Turn in your completed card at the Mystery Station Table to receive a prize.

Answer 1: C R

Answer 2: S - U

Answer 3: F X I T

Answer 4: C -

Answer 5:

Answer 6:

Final Question: hat does The Cooper Institute encourage you to do every single day?
(*Hint: Unscramble the highlighted letters to help you answer the question.*)



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