Ven Conmigo 2 (Chapter 5)

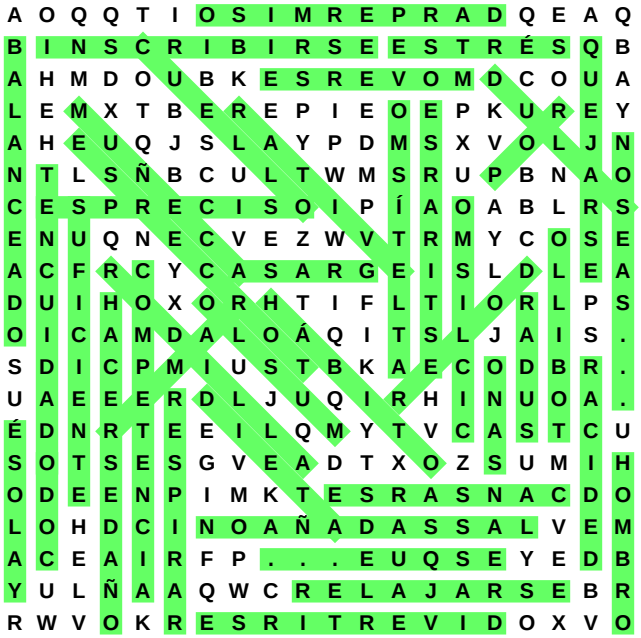
A O Q Q T I O S I M R E P R A D Q E A Q
B I N S C R I B I R S E E S T R É S Q B
A H M D O U B K E S R E V O M D C O U A
L E M X T B E R E P I E O E P K U R E Y
A H E U Q J S L A Y P D M S X V O L J N
N T L S Ñ B C U L T W M S R U P B N A O
C E S P R E C I S O I P Í A O A B L R S
E N U Q N E C V E Z W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

FAT
KNEE
ELBOW
HEALTH
STRESS
CYCLING
TO SWEAT
TO SPRAIN
TO BREATHE
COMPETITION
TO COMPLAIN
DON'T ADD SALT
TO ACHE/TO HURT
TO GIVE PERMISSION

DIET
THIGH
HABIT
ENOUGH
HEALTHY
BALANCED
TO RELAX
TO ENROLL
BE CAREFUL
TO HAVE FUN
TO GET TIRED
I ALREADY KNOW
IT'S JUST THAT...
FOR (A PERIOD OF TIME)

NECK
ANKLE
WRIST
TO ROW
TO MOVE
TO AVOID
SHOULDER
TO STRETCH
TO DEDICATE
DON'T BE...
IT'S NECESSARY
TRACK AND FIELD
TO HURT (ONESELF)

Solution


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