

Senderos 3: Lección 3

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

FAT
MUSCLE
TO EAT
CALORIE
TO HURRY
FLEXIBLE
NUTRITION
TREADMILL
TO WORK OUT
TO GAIN WEIGHT
TO LIFT WEIGHTS

WEAK
STRONG
MASSAGE
PROTEIN
TO SWEAT
CAFFEINE
EXCESSIVE
TO WARM UP
COUCH POTATO
TO LOSE WEIGHT
TO BE ON A DIET

CALM
ACTIVE
MINERAL
VITAMIN
TO ENJOY
TO TRAIN
SEDENTARY
WELL-BEING
DECAFFEINATED
AFTERNOON SNACK
TO TRY TO DO SOMETHING

Solution

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