Senderos 3: Lección 3

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

FAT
TO EAT
MUSCLE
MINERAL
FLEXIBLE
CAFFEINE
EXCESSIVE
WELL-BEING
CHOLESTEROL
DECAFFEINATED
AFTERNOON SNACK

WEAK
STRONG
VITAMIN
MASSAGE
TO SWEAT
TO TRAIN
SEDENTARY
TO WORK OUT
COUCH POTATO
TO GAIN WEIGHT
TO LIFT WEIGHTS

CALM
ACTIVE
CALORIE
PROTEIN
TO ENJOY
NUTRITION
TO WARM UP
TO EXERCISE
BALANCED DIET
TO LOSE WEIGHT
TO TRY TO DO SOMETHING

Solution


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