

Senderos 3: Lección 3

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

FAT
STRONG
MUSCLE
PROTEIN
CAFFEINE
FLEXIBLE
SEDENTARY
TO WARM UP
TO EXERCISE
TO LOSE WEIGHT
TO TRY TO DO SOMETHING

WEAK
ACTIVE
MASSAGE
VITAMIN
TO SWEAT
TO TRAIN
EXCESSIVE
WELL-BEING
COUCH POTATO
TO BE ON A DIET

CALM
TO EAT
MINERAL
CALORIE
TO HURRY
TO ENJOY
NUTRITION
CHOLESTEROL
TO GAIN WEIGHT
AFTERNOON SNACK

Solution

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