

# Senderos 3: Lección 3

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

FAT  
MUSCLE  
TO EAT  
MASSAGE  
FLEXIBLE  
TO HURRY  
SEDENTARY  
WELL-BEING  
CHOLESTEROL  
TO LOSE WEIGHT  
TO TRY TO DO SOMETHING

CALM  
ACTIVE  
PROTEIN  
VITAMIN  
TO SWEAT  
TO ENJOY  
NUTRITION  
TO WARM UP  
NUTRITIONIST  
TO GAIN WEIGHT

WEAK  
STRONG  
CALORIE  
MINERAL  
CAFFEINE  
EXCESSIVE  
TREADMILL  
TO WORK OUT  
DECAFFEINATED  
AFTERNOON SNACK

# Solution

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