## Realidades 3 (Chapter 3)



FULL
EMPTY
THE WAY
TO AVOID
THE LEVEL
THE COUGH
THE FIBER
TO INCLUDE
TO STRETCH
NUTRITIOUS
THE PROTEIN
THE CALCIUM
STRESSED OUT
TO TAKE/TO DRINK
DESPITE/EVEN THOUGH

YOGA
STRONG
THE AGE
THE IRON
TO DEMAND
THE FEVER
THE CRAMP
THE WEIGHT
TO CONTAIN
THE VITAMIN
THE ASPIRIN
THE STRENGTH
TO FEEL AWFUL
TO USE A TREADMILL
TO ENDURE/TO TOLERATE

WEAK
THE FLU
THE DIET
THE FOOD
THE SYRUP
THE SNACK
THE STRESS
THE ADVICE
THE ENERGY
THE ALLERGY
TO COMPLAIN
THE CRUNCHES
THE JUNK FOOD
TO FLEX/TO STRETCH

## Solution

$$
\begin{aligned}
& \text { Z X GAQATNICRECAHJWFNC } \\
& \text { NY DLOGRIPEBARA JSLEBA } \\
& \text { X A O I Q FLEXIONAROLHQCL } \\
& \text { T N D M EMA JRATIVE Z S E J C C } \\
& \text { O I A ET T TUWQUEJARSEVU I } \\
& \text { M R S N R I ACNMK A GOYEIPIO } \\
& \text { A I E T EX F NOQEIRXBTUJXN } \\
& \text { R P R O U A E U GM URUBALHOTA } \\
& \text { R S T S F I S TK T I EIMMIIIEWR } \\
& \text { A A S I U G R R A F Z D I E EFF Y B A N } \\
& \text { R EEEUYRIIRRXRNARNYVTEE } \\
& \text { I L X S Y E T T EFA I RB F DN H S D } \\
& \text { T B LIN L N I N U Z O U I A A A T E A } \\
& \text { SVK Z GAEVAC Í OELUSRCR Í } \\
& \text { EHJPDISOMCQBNGCEEUIBG } \\
& \text { FBAOC FRFUERZATSNMRMR } \\
& \text { ABDOMINALESWGGOJIQAE } \\
& \text { T TEHCONSEJOELKYSNRLN } \\
& \text { K A N Í ETORPYEDADUMV JAE } \\
& \text { BGCONTENERXDBONELLCA }
\end{aligned}
$$

