

## Ven Conmigo 2 (Chapter 5)

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

FAT  
DIET  
ANKLE  
HIKING  
STRESS  
CYCLING  
TO AVOID  
TO RELAX  
TO STRETCH  
TO HAVE FUN  
TO GET TIRED  
IT'S NECESSARY  
MOUNTAIN CLIMBING  
FOR (A PERIOD OF TIME)

NECK  
ELBOW  
HABIT  
ROWING  
TO MOVE  
SWIMMING  
SHOULDER  
TO SPRAIN  
TO BREATHE  
TO DEDICATE  
DON'T ADD SALT  
TO ACHE/TO HURT  
CALF (OF THE LEG)

KNEE  
WRIST  
HEALTH  
DEEPLY  
HEALTHY  
BALANCED  
TO SWEAT  
BE CAREFUL  
DON'T BE...  
TO COMPLAIN  
I ALREADY KNOW  
IT'S JUST THAT...  
TO GIVE PERMISSION

# Solution

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