

# Senderos 3 Leccion 3 - El Bienestar

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

FAT  
 STRONG  
 MINERAL  
 TO HURRY  
 CALORIES  
 ACTIVE (F)  
 TO STRETCH  
 TO LOSE WEIGHT  
 COUCH POTATO (M)  
 TO LEAD A HEALTHY LIFESTYLE

WEAK  
 MUSCLE  
 TO TRAIN  
 FLEXIBLE  
 NUTRITION  
 WELL-BEING  
 TO EXERCISE  
 TO BE ON A DIET  
 DECAFFEINATED (M)

SNACK  
 MASSAGE  
 TO SWEAT  
 TO ENJOY  
 CAFFEINE  
 TO WARM UP  
 CHOLESTEROL  
 CALM; QUIET (F)  
 IN EXCESS; TOO MUCH

# Solution

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