El bienestar

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

FAT
ACTIVE
PROTEIN
FLEXIBLE
TO DO YOGA
THE MUSCLE
TO MEDITATE
CALM/TRANQUIL
TO EAT HEALTHY
THE MALE TRAINER
TO TAKE CARE OF ONESELF

WEAK
THE GYM
TO ENJOY
TO SWEAT
TO WARM UP
THE WEIGHTS
COUCH POTATO
MENTAL HEALTH
TO GAIN WEIGHT
THE FEMALE TRAINER

STRONG
CALORIE
CAFFEINE
NUTRITION
TO STRETCH
CHOLESTEROL
DECAFFEINATED
THE WELL-BEING
TO LIFT WEIGHTS
INACTIVE/SEDENTARY

Solution

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