

# Qué chévere 3: Unidad 8B

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

FAT  
FOOD  
TO EAT  
STRESS  
PROTEIN  
BALANCED  
NUTRITION  
TO STRETCH  
TO DO PUSHUPS  
AQUATIC, PERTAINING TO WATER

DIET  
HABIT  
WEIGHT  
HEALTHY  
CALCIUM  
STRENGTH  
NUTRITIOUS  
MUSCLE CRAMP  
FROM, STARTING AT  
TO PLAY, TO PRACTICE, TO DO  
SPORTS

IRON  
FIBER  
ENERGY  
VITAMIN  
TO AVOID  
POSITIVE  
TO DO YOGA  
CARBOHYDRATE  
TO USE A TREADMILL

# Solution

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