

Qué chévere 3: Unidad 8B

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

FAT
FOOD
TO EAT
ENERGY
HEALTHY
STRENGTH
TO AVOID
TO STRETCH
TO DO SIT-UPS
TO USE A TREADMILL
TO PLAY, TO PRACTICE, TO DO
SPORTS

IRON
FIBER
PEANUT
WEIGHT
CALCIUM
POSITIVE
NUTRITION
CARBOHYDRATE
TO BE WORTHWHILE
TO RIDE A STATIONARY BIKE

DIET
HABIT
STRESS
VITAMIN
PROTEIN
BALANCED
TO DO YOGA
MUSCLE CRAMP
FROM, STARTING AT
AQUATIC, PERTAINING TO WATER

Solution

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