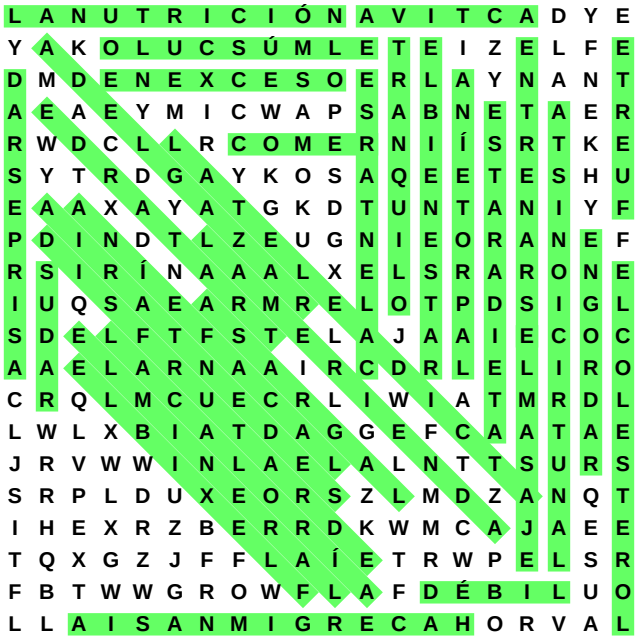
Senderos 3: Lección 3

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

FAT
MUSCLE
ACTIVE
CALORIE
CAFFEINE
TO SWEAT
EXCESSIVE
WELL-BEING
NUTRITIONIST
TO GAIN WEIGHT
TO TRY TO DO SOMETHING
WEAK
TO EAT
MINERAL
PROTEIN
TO HURRY
TO TRAIN
NUTRITION
TO WORK OUT
COUCH POTATO
AFTERNOON SNACK
CALM
STRONG
MASSAGE
FLEXIBLE
TO ENJOY
SEDENTARY
TO WARM UP
CHOLESTEROL
TO LOSE WEIGHT
TO BE ON A DIET

Solution


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