

Aventuras (Lesson 15)

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

WEAK

CALORIE

MINERALS

TO SWEAT

NUTRITION

ACTIVE (M.)

TRAINER (M.)

ARE YOU READY?

TO BE ON A DIET

TO HURRY, TO RUSH

IN EXCESS, TOO MUCH

TAKE CARE! (SINGULAR, FAMILIAR)

MUSCLE

PROTEIN

TO ENJOY

VITAMINS

WELL-BEING

DRUG (NOUN)

FAT (ADJECTIVE)

TO LOSE WEIGHT

DRUG ADDICT (F.)

CALM, QUIET (F.)

TO PRACTICE, TO TRAIN

TO HAVE A SNACK (IN THE
AFTERNOON)

WITHOUT

THE GYM

TO SMOKE

FLEXIBLE

FAT (NOUN)

TO EXERCISE

SEDENTARY (M.)

TO LIFT WEIGHTS

COUCH POTATO (M.)

ALCOHOLIC BEVERAGE

HE SNACKS. (IN THE AFTERNOON)

HOW WAS IT? HOW DID IT GO?

(FOR YOU)

Solution

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