

El bienestar

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

FAT
STRONG
CALORIE
TO ENJOY
TREADMILL
THE MUSCLE
TO EXERCISE
THE WEIGHTS
CALM/TRANQUIL
TO EAT HEALTHY
INACTIVE/SEDENTARY

WEAK
THE GYM
TO SWEAT
FLEXIBLE
TO DO ABS
TO WARM UP
CHOLESTEROL
COUCH POTATO
THE WELL-BEING
TO GET IN SHAPE
TO TAKE CARE OF ONESELF

ACTIVE
PROTEIN
CAFFEINE
NUTRITION
TO STRETCH
TO DO YOGA
TO MEDITATE
MENTAL HEALTH
TO DO PUSH-UPS
THE MALE TRAINER

Solution

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