

# Aventuras (Lesson 15)

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

WEAK  
 PROTEIN  
 TO SMOKE  
 FLEXIBLE  
 WELL-BEING  
 DRUG (NOUN)  
 TRAINER (M.)  
 SEDENTARY (M.)  
 TO HURRY, TO RUSH  
 IN EXCESS, TOO MUCH  
 TAKE CARE! (SINGULAR, FAMILIAR)

MUSCLE  
 THE GYM  
 TO SWEAT  
 VITAMINS  
 FAT (NOUN)  
 ACTIVE (M.)  
 FAT (ADJECTIVE)  
 TO GAIN WEIGHT  
 DRUG ADDICT (F. )  
 TO PRACTICE, TO TRAIN  
 TO HAVE A SNACK (IN THE  
 AFTERNOON)

WITHOUT  
 CALORIE  
 MINERALS  
 NUTRITION  
 TO WARM UP  
 CHOLESTEROL  
 TO LOSE WEIGHT  
 TO BE ON A DIET  
 CALM, QUIET (F. )  
 HE SNACKS. ( IN THE AFTERNOON)  
 HOW WAS IT? HOW DID IT GO?  
 (FOR YOU)

# Solution

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