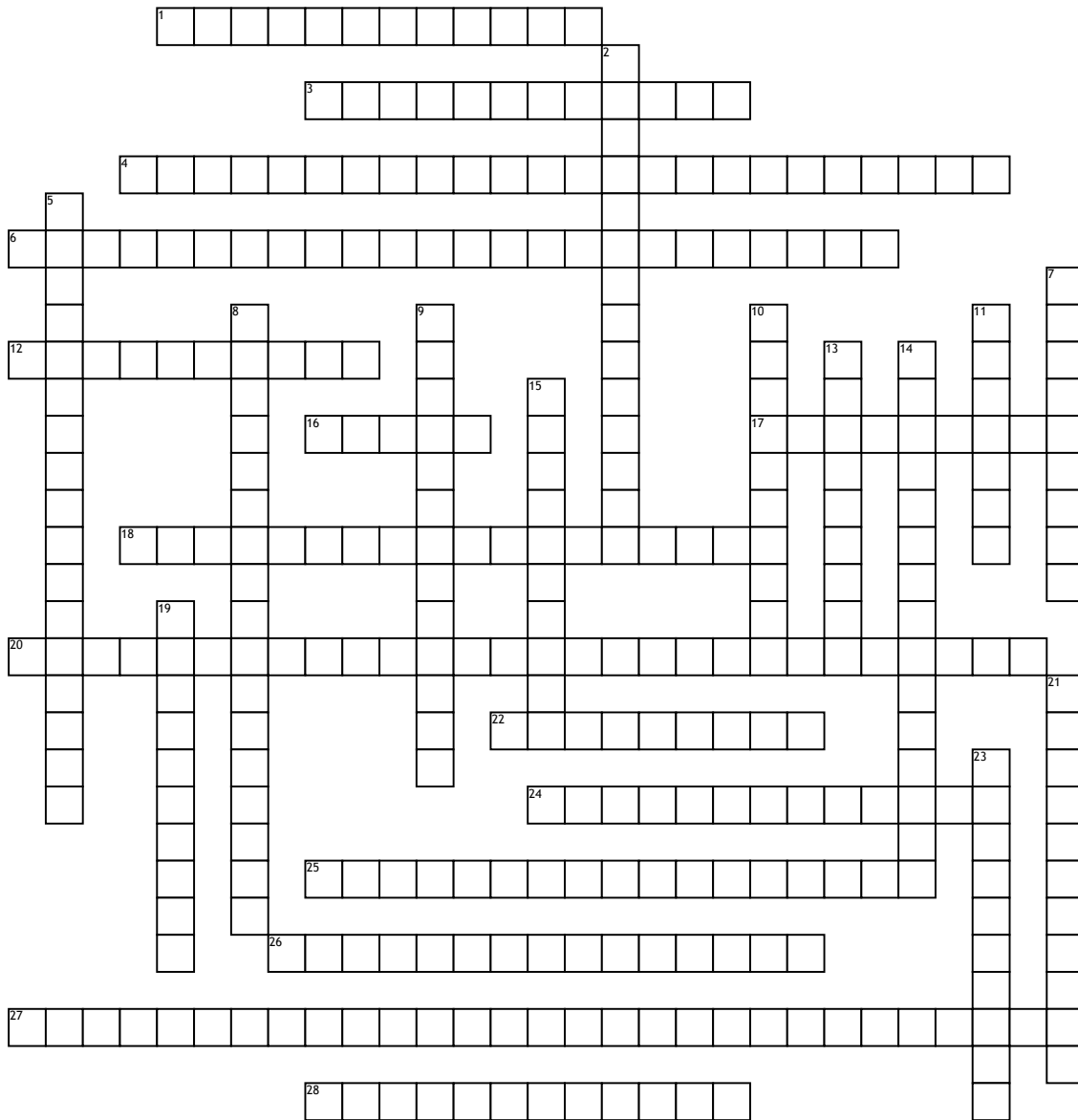


La nutricion



Across

- 1. decaffeinated
- 3. trainer
- 4. to eat a balanced diet
- 6. to do aerobics
- 12. to practice
- 16. to sweat
- 17. mineral
- 18. alcoholic beverage
- 20. aerobics class
- 22. caffeine

24. to workout

- 25. to be in good shape
 - 26. to consume alcohol
 - 27. to do stretching exercises
 - 28. cholesterol
- ## Down
- 2. to exercise
 - 5. treadmill
 - 7. calorie
 - 8. to stay in shape
 - 9. to lift weights

10. to warm up

- 11. fat
- 13. muscle
- 14. nutritionist
- 15. protein
- 19. vitamin
- 21. nutrition
- 23. afternoon snack