

In Good Shape

Example: Fit as a Fiddle

D Q Y T T W P

H X L P E Z

X K L A Q

P K C L H X

H T P Z

R Q K S W

M X Q S W X Y D

H X P K F A

N P W H Q

Q M P E Z

G Y A K P K L H

Q L F J Z - E K P Z