

HEALTHY LIFE

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THE ADICCTIONS.

The world of addictions is vast and varied. Practically, you can be addicted to almost anything, as long as it is carried out in such a way that the person reaches the point of losing control over the addictive behavior in question. USUALLY, ADDICTIONS ARE CLASSIFIED INTO TWO GROUPS, .

1. ALCOHOL

2 NICOTINE

3 GAMES

4 NEW

TECHNOLOGIES



HABITS TO LEAD A HEALTHY LIFE

BALANCED DIET

Eat varied. Eat five meals a day! Eat fruits and vegetables daily. Don't abuse fats, salt and sugar. Drink 1 or 2 liters of water a day



1 DO SPORT

2 BY HYGIENIC

3 SLEEP ENOUGH

4 PLAN YOUR FREE TIME

5 CORRECT POSTURE AND PREVENTION

.LIVE IN A HEALTHY WAY PRACTICING THESE HABITS AND YOU WILL REACH A BETTER PHYSICAL MENTAL AND SOCIAL WELL-BEING.

OUTDOOR LIFE

WITH JUST TWENTY MINUTES A DAY DEDICATED TO BEING OUTDOORS YOU WILL ALREADY.

Lasnotice improvement in your health. Being outdoors in a clean, pure space favors the elimination of toxins from our body. With only twenty minutes a day dedicated to be outdoors your body will feel much better.

BEING OUTDOORS IN A CLEAN, PURE SPACE FAVORS THE ELIMINATION OF TOXINS FROM OUR BODY. OVERALL, OUTDOOR LIVING IS A GREAT WAY TO STAY HEALTHY AND HAVE FUN AT THE SAME TIME

