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Healthy lifestyle habits

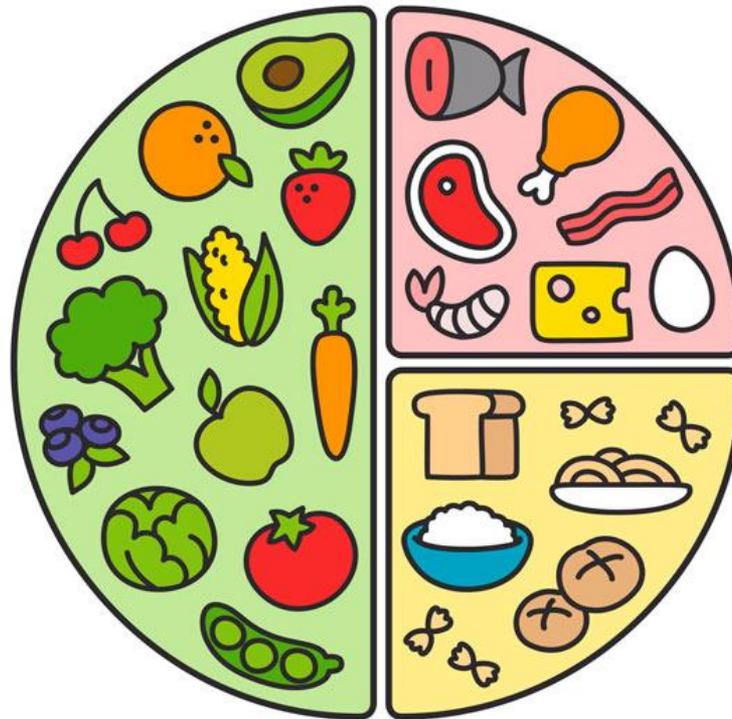




Can you tell me what are the healthy life habits that you carry out in your day to day?

Do you think that you have a healthy lifestyle?

1 - Eat healthy foods





**2 - Drink 8 glasses of water (2 liters)
during the day.**

8





3 - Control your weight.





4 - Walk 30 minutes a day.





**5 – Get a shower with soap and water,
brush your teeth after each meal.**





6 - Sleep 7-8 hours a day.



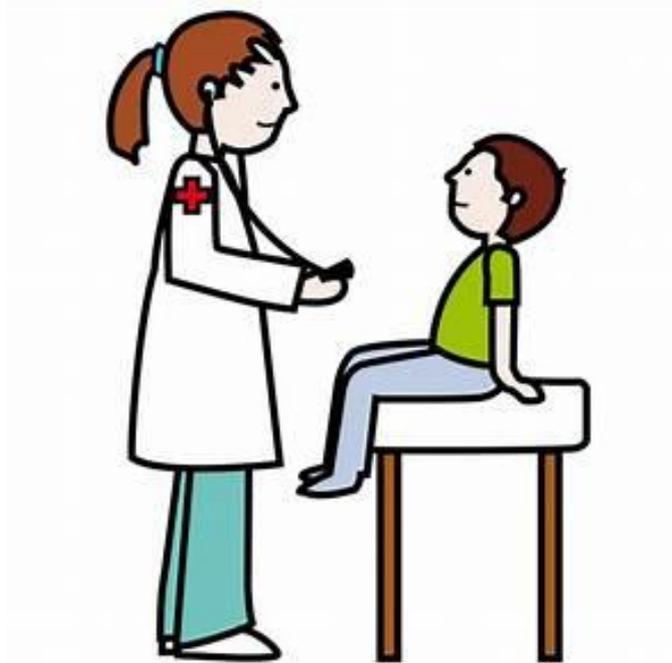


7 - Walk with your back straight and bend your legs to catch things.





8 - Take care of your health to be healthy and strong.



9 - Do funny things.





10 - Share moments with the people you love.





11. Recognize and manage your emotions.

