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Healthy lifestyle habits



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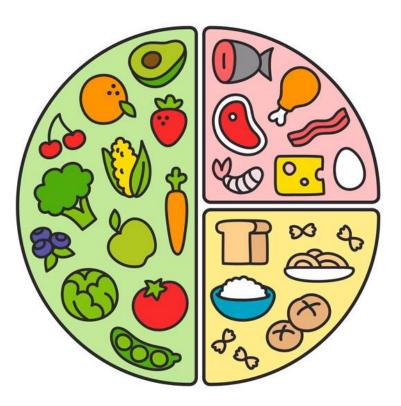


Can you tell me what are the healthy life habits that you carry out in your day to day?

Do you think that you have a healthy lifestyle?

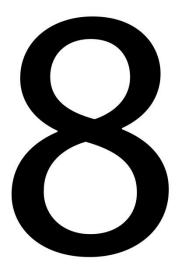


1 - Eat healthy foods





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





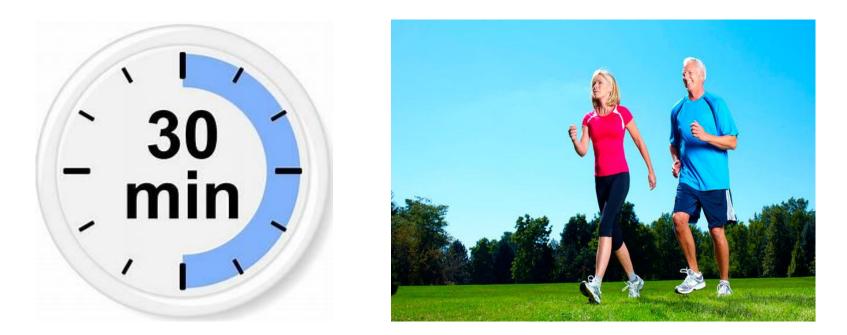


3 - Control your weight.





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.





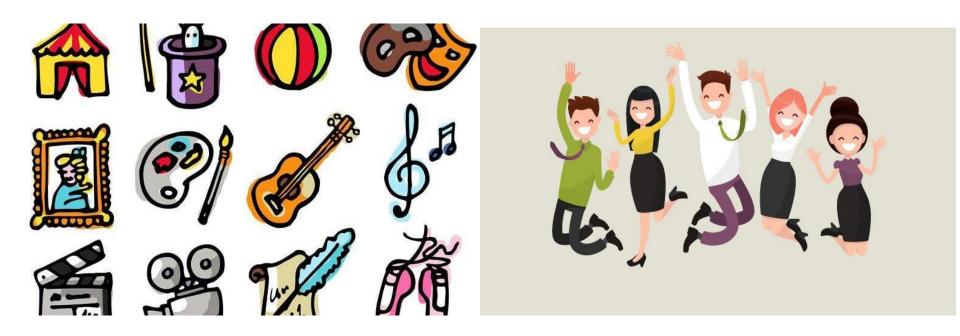


8 - Take care of your health to be healthy and strong.



9 - Do funny things.







10 - Share moments with the people you love.





11. Recognize and manage your emotions.

