



Nombre del Alumno: Osmar Abel Aguilar Cordero

Martin Antonio Perez Torres

Nombre del Tema: Healthy poster

Parcial: 2ª. Actividad

Nombre de la Materia: Inglés III

Nombre del Profesor: Diana Goretti Alarcon Navarro

Cuatrimestre: 3ro

TIPS FOR STAYING IN SHAPE



MOTIVATION IS ESSENTIAL

You have to the right motivation to achieve your goal.

FOLLOW AN EATING PLAN

Accompany exercise with a healthy diet, eating as many fruits and vegetables as possible



EXERCISES FREQUENTLY

Exercise at least 3 time a week, for 30 to 40 minutes of day.



ESTABLISHES OBJECTIVES

Aim for clear, measurable and achievable objectives.



ELIMINATES FAST FOOD

Avoid eating fast food, as it has large amounts of carbohydrates

REST IS IMPORTANT

Getting a good night's sleep is a priority for a healthy life.