



Mi Universidad

Recommendations for a healthy life

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1. Exercise at least 2 days a week



2. Stop eating foods that make you gain weight



3. Eat more fruits and truths



4. Drink water at least 3 liters a week



5. Reduce the time you spend on social networks



sleep well

6. Sleeping at least 7 hours is proven to increase our daily activity, efficiency and joy



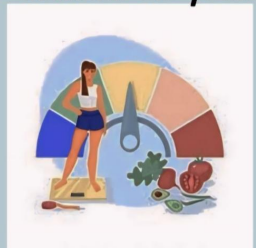
7. eliminate bad habits
Say goodbye to excessive caffeine and alcohol consumption.



8. say goodbye to refined sugars



9. keep your weight in check
Excess weight makes your body not feel good and neither do you.



10. Don't forget any of your daily meals.



RECOMMENDATIONS FOR A LIFE HEALTHY