



UNIVERSIDAD DEL SURESTE

TERCER CUATRIMESTRE

LICENCIATURA EN ENFERMERIA

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INGLÉS .

# *Healthy habits to be well*



## *Good nutrition*

It is scientifically proven that eating healthy can give you a better lifestyle.

## *Adequate rest*

Sleeping at least eight hours a day is necessary for good performance and good physical and mental health.



## *Do sport*

Walking at least 15 minutes a day is a healthy practice for our health.

## *Social connection*

Living with loved friends or family is healthy and beautiful.



## *Be thankful*

Giving thanks will always be one of the healthiest practices because it means being at peace.