



Mi Universidad

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Nombre del tema: Health poster

Parcial: I PERCIAL

Nombre de la Materia: INGLES III

Nombre del profesor: DIANA GORETTI ALARCON NAVARRO

Nombre de la Licenciatura: ENFERMERIA

Cuatrimestre: 3 CUATRIMESTRE

HOW TO BE HEALTHY

1.- EAT HEALTHY FOOD

It is critical to maintaining good overall health and well-being.



2.-EXERCISE 30 MINUTES A DAY

It can have a significant positive impact on your physical and mental health



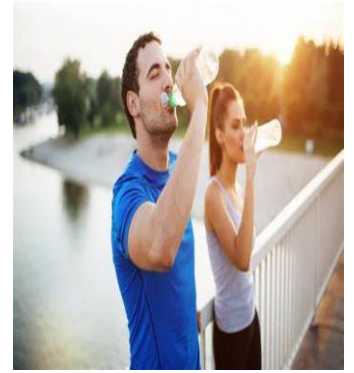
3.-REST AND GET ENOUGH SLEEP

They are crucial for overall good health and well-being.



4.-KEEP HYDRATED

It is essential for the overall health and optimal functioning of the body



5.-personal hygiene

It is essential for physical and mental health, as well as social interaction



6.-DO NOT CONSUME ALCOHOLIC BEVERAGES

Avoiding alcohol can have a significant positive impact on your life



7.-AVOID CONSUMING SOFT DRINKS

especially those that contain sugar and artificial sweeteners, it can significantly improve your health.



8.- limit your cell phone use

It can have numerous benefits for your physical, mental, and emotional health.



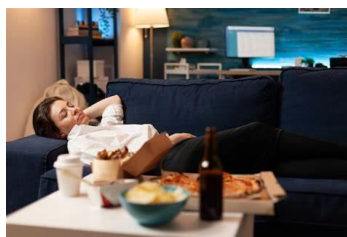
9.- TAKE CARE OF YOUR MENTAL HEALTH

It is essential to lead a balanced and fulfilling life



10.-AVOID NAPS AFTER LUNCH

It can cause digestive problems, increase the risk of acid reflux, and contribute to weight gain.



Keep your body and mind healthy and live in balance

