

Comitan de Dominguez.

ODS: M. Universidad.

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Eat healthy foods: That will help better digestion

Exercise thirty minutes daily: To maintain excellent weight and height.

Enough rest and sleep: your body and mind will thank you.

Keep hydrated: Drinking water helps take care of your skin.

Personal hygiene: Keep your body and mind clean.

Do not consume alcoholic beverages: to take care of liver health.

Take care of your mental health: If you are ok on the inside your body responds well.

Avoid sugar consumption: to maintain good glucose control.

Limit the use of your mobile phone

The use of cell phone damages your eyes.

Avoid naps after meals: Try to take a walk after every meal to avoid that your glucose levels go up.