



Mi Universidad

Health poster

Nombre del Alumno: Roberto Antonio Alfaro Cancino

Nombre del tema: Health poster

Parcial: I

Nombre de la Materia: Ingles III

Nombre del profesor: Lic. Diana Goretti Alarcon Navarro

Nombre de la Licenciatura: Licenciatura en Enfermería

Cuatrimestre: Tercero



HOW TO STAY IN SHAPE



1.- WRITE YOUR OBJETIVES

IT HELPS YOU TO GUIDE YOUR ADVANCES

3.- DO THIRTY MINUTES OF EXCERSISE AT LEAST

IT CAN CHANGES YOU DAIRY RUTINE



2.- START WITH SIMPLY GOALS

IT HELPS YOU TO REACH PALPABLE RESULTS



4.- SEARCH GROUPS

IF THEY SHARE YOUR GOALS IT CAN MOTIVATE YOU TO CONTINUE




5.- CHANGE YOUR EATING HABITS

EAT HEALTHY DURING THE DAY IT HELPS YOUR METABOLISM



6.- DRINK TWO LITERS OF WATER

IS GOOD TO CLEAN YOUR LIVER



7.- AVOID CIGARRETS AND ALCOHOL DRINKS

IT HELPS YOU TO DETOXYFY YOUR LUNG AND LIVER

8.- SHARE ADVANCES WITH YOUR FRIENDS AND FAMILY

THEY CAN MOTIVATE YOU TO CONTINUE

9.- LISTEN YOUR FAVORITE MUSIC WHEN YOU DO EXCERSISE

IT HELPS YOU TO GET MORE ENERGY



10.- ENJOY EACH MOMENT

THAT CAN YOU MOTIVATE AND DON'T LEAVE THE ROUTINE