

UDS CAMPUS COMITAN

UDS

(FACULTAD DE ENFERMERÍA)

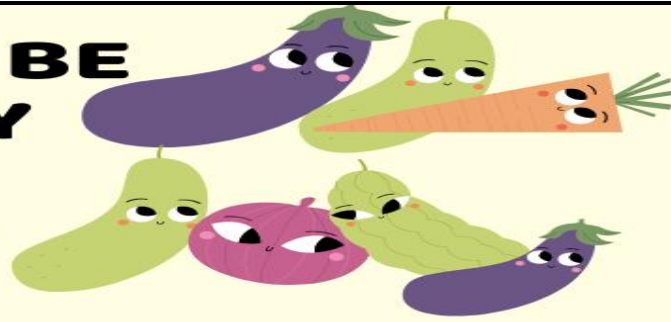
ASIGNATURA: INGLES

**“DIANA GORETTI ALARCON
NAVARRO”**

NOMBRE DEL ALUMNO: MERCEDES

JAQUELINE CRUZ SANTIAGO

HOW TO BE HEALTHY



1-EAT HEALTHY FOODS

LOWER RISK OF GETTING SICK

2-EXERCISE THIRTY MINUTES A DAY

TO STRENGTHEN BONES, INCREASE YOUR ENERGY AND PERFORMANCE



3-REST AND GET ENOUGH SLEEP

THEY ARE CRUCIAL FOR OVERALL GOOD HEALTH AND WELL BEING



4-KEEP HYDRATED

HELPS REGULATE BODY TEMPERATURE



5-PERSONAL HYGIENE

HELPS PREVENT THE SPREAD OF GERMS.



6-DO NOT CONSUME ALCOHOLIC BEVERAGES

TO REDUCE DISEASES:HIGH BLOOD PRESSURE, HEART DISEASE.



7-TAKE CARE OF YOUR MENTAL HEALTHY IF YOU ARE OK ON THE INSIDE, YOU ARE OK OUTSIDE

IT IS ESSENTIAL TO LEAD A BALANCED AND FULFILLING LIFE



8-AVOID CONSUMING SODA

BECAUSE IT CONTAINS A LOT OF SUGAR



9-AVOID USING YOUR MOBILE PHONE

IT CAN HAVE NUMEROUS BENEFITS FOR YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.



10-AVOID YOUR NAPS AFTER LUNCH

PARA NO TO ALTER THE DIGESTIVE PROCESS

