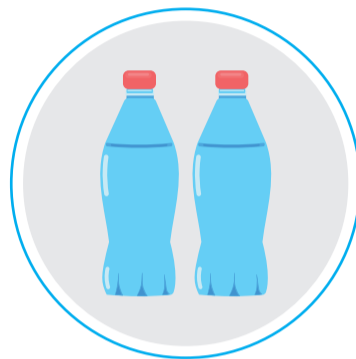


# Activate your health!

**10 actions** that will help you improve your health if you do them every day



**1**  
**minute to smile**  
You will always find a reason



**2**  
**Litres of water**  
Ensure you are well-hydrated, especially in summer



**30**  
**Minutes of physical activity,**  
at least.  
Walk to work, don't take the lift...



**4**  
**Pieces of fruit**  
Various types, throughout the day



**5**  
**Foods**  
Distribute meals during the day: little and often is best



**6**  
**Seconds to inhale and exhale**  
With deep breathing you focus on the present and can increase the quality of your life



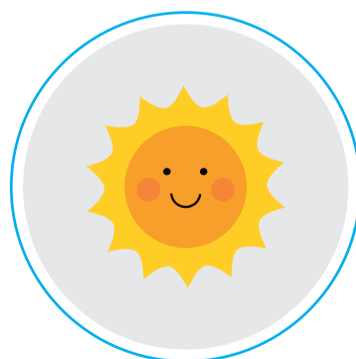
**7**  
**Hours of sleep**  
Lack of rest can cause gastric problems and unbalance your performance



**8**  
**Active breaks at work**  
Don't sit for more than an hour at a time, get moving!



**9**  
**Minutes of social relationship**  
Cultivate your relationships at work: they will help reduce your stress level



**10**  
**Minutes of sun**  
In summer, avoid being out in the sun between 12.00 and 16.00