Activate your health!

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

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

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

3. 30 Minutes of physical activity, at least.
   Walk to work, don't take the lift...

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

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

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

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

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

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

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